



## Red Bean Chipotle Burgers

 Vegetarian  Vegan  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoons chipotles in adobo canned chopped to taste (from chipotles)
- 0.5 cup brown rice cooked
- 1 clove garlic
- 0.5 cup oatmeal uncooked
- 1 small onion peeled cut into quarters
- 0.3 teaspoon oregano
- 16 ounce kidney beans drained and rinsed canned
- 0.5 teaspoon salt salt-free for diets (optional)

- 0.3 teaspoon thyme leaves
- 1 tablespoon tomato paste
- 0.1 cup flour gluten-free whole wheat white (I used but you may use flour)

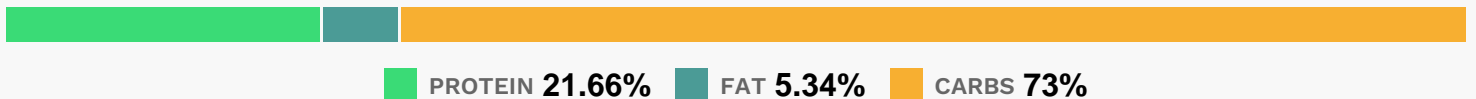
## Equipment

- food processor
- baking sheet
- oven

## Directions

- Put the onion and garlic into a food processor and pulse to chop coarsely.
- Add the beans and process until coarsely chopped.
- Add the remaining ingredients and process until well blended—just slightly more chunky than refried beans. Spray a non-stick cookie sheet or silicone baking mat lightly with canola oil. Use a spoon to scoop the burger mixture onto the baking sheet, smoothing it into six patties. (It is easiest to do this by making six “piles” of beans and using the spoon to smooth the top and round the edges of the patties.)
- Bake for about 15 minutes. When the bottoms are lightly browned and beginning to get crisp, turn the burgers and cook for 10–15 more minutes, until the other side is brown. Do not overcook or they will be tough!
- Serve immediately with accompaniments as desired. These keep well in the fridge and can be reheated for a quick lunch.

## Nutrition Facts



## Properties

Glycemic Index:49.33, Glycemic Load:7.17, Inflammation Score:-5, Nutrition Score:8.9726086414379%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol:

0.16mg, Kaempferol: 0.16mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg  
Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

## **Nutrients (% of daily need)**

Calories: 144.8kcal (7.24%), Fat: 0.88g (1.36%), Saturated Fat: 0.15g (0.95%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 20.2g (7.35%), Sugar: 1.18g (1.31%), Cholesterol: 0mg (0%), Sodium: 217.9mg (9.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.09%), Manganese: 0.69mg (34.46%), Fiber: 6.92g (27.66%), Folate: 102.88µg (25.72%), Iron: 2.72mg (15.12%), Phosphorus: 141.41mg (14.14%), Magnesium: 49.19mg (12.3%), Copper: 0.23mg (11.37%), Potassium: 381.54mg (10.9%), Vitamin B1: 0.16mg (10.7%), Zinc: 1.15mg (7.67%), Vitamin B6: 0.14mg (7.15%), Vitamin K: 7.29µg (6.94%), Vitamin B3: 0.8mg (4.01%), Vitamin B2: 0.06mg (3.38%), Calcium: 32.55mg (3.25%), Vitamin C: 2.65mg (3.21%), Selenium: 2.23µg (3.19%), Vitamin B5: 0.31mg (3.13%), Vitamin E: 0.17mg (1.14%)