



Smoked Chilli Bean Burgers



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g black beans canned tinned
- ☐ 400 g .5 can cannellini beans canned tinned
- ☐ 400 g chickpeas canned tinned
- ☐ 2 tsp gran luchito chilli paste
- ☐ 1 large flax egg
- ☐ 1 handful coriander fresh
- ☐ 1 clove garlic crushed
- ☐ 50 g porridge oats

☐ 4 servings grinding of pepper black good

Equipment

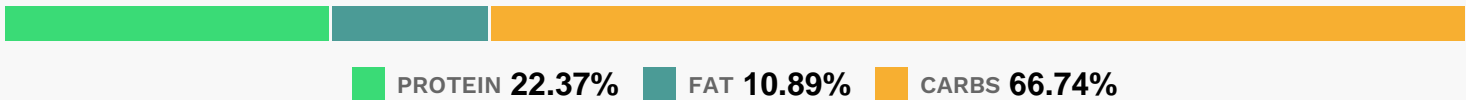
☐ bowl

☐ oven

Directions

- ☐ Drain and rinse the beans, then pour them into a large bowl and mash with the crushed garlic and chilli paste. Don't over mash, it's nice to have some big pieces of bean in the burgers.
- ☐ Beat the egg and fold into the beans.
- ☐ Add the oats and coriander, season with black pepper and mix with the beans.
- ☐ Shape into patties and chill in the fridge until you are ready to cook them.
- ☐ Fry in a little oil or bake in the oven until well cooked and crisp.
- ☐ Serve in a toasted bun with your choice of filling.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:70.58, Glycemic Load:11.81, Inflammation Score:-7, Nutrition Score:23.350434707559%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 356.32kcal (17.82%), Fat: 4.42g (6.8%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 61g (20.33%), Net Carbohydrates: 42.85g (15.58%), Sugar: 0.6g (0.67%), Cholesterol: 0mg (0%), Sodium: 669.33mg (29.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.44g (40.89%), Manganese: 2.12mg (105.8%), Fiber: 18.15g (72.61%), Folate: 158.41µg (39.6%), Iron: 6.86mg (38.11%), Magnesium: 141.24mg (35.31%), Phosphorus: 349.16mg (34.92%), Copper: 0.67mg (33.27%), Vitamin B6: 0.65mg (32.55%), Potassium: 989.17mg (28.26%), Vitamin B1: 0.37mg (24.71%), Zinc: 2.93mg (19.57%), Calcium: 158.7mg (15.87%), Selenium: 9.28µg (13.26%), Vitamin B2: 0.2mg (11.77%), Vitamin B5: 0.85mg (8.49%), Vitamin C: 6.91mg (8.38%), Vitamin K: 6.88µg (6.56%), Vitamin E: 0.89mg (5.96%),

Vitamin B3: 1.13mg (5.64%), Vitamin A: 110.89IU (2.22%)