



Southwest Black Bean Burgers

 Vegetarian

READY IN



31 min.

SERVINGS



31

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 oz black beans divided rinsed canned
- 2 stalks celery finely chopped
- 0.3 cup knudsen cream sour
- 0.3 cup bread crumbs dry
- 0.3 cup cilantro leaves fresh chopped
- 1 tsp ground cumin
- 0.3 tsp ground pepper red (cayenne)
- 6 singles kraft

- 6 lettuce leaves
- 3 Tbsp real mayo mayonnaise kraft
- 0.3 cup taco bellâ® & chunky salsa thick
- 6 hamburger buns whole wheat

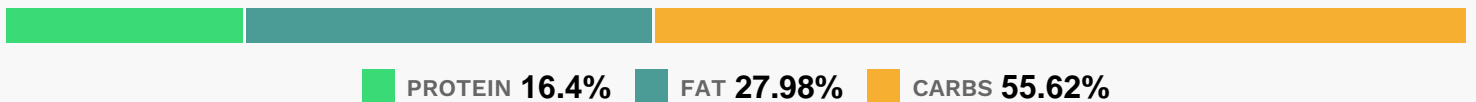
Equipment

- food processor
- bowl
- frying pan

Directions

- Use pulsing action to process bread crumbs, mayo, seasonings and half the beans in food processor until well blended.
- Transfer to large bowl; mix in celery, cilantro and remaining beans. Shape into 6 (1/2-inch-thick) patties.
- Cook in skillet sprayed with cooking spray on medium-high heat 5 min. on each side or until done (160F). Top with Singles; cook 1 min. or until melted.
- Fill buns with lettuce, cheeseburgers, salsa and sour cream.

Nutrition Facts



Properties

Glycemic Index:4.87, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:3.9334782836554%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 67.76kcal (3.39%), Fat: 2.16g (3.32%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 7.23g (2.63%), Sugar: 0.89g (0.99%), Cholesterol: 2.05mg (0.68%), Sodium: 185.25mg (8.05%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.69%), Fiber: 2.42g (9.66%), Manganese: 0.18mg (9.17%), Vitamin A: 406.07IU (8.12%), Folate: 30.46µg (7.61%), Vitamin B1: 0.09mg (6.3%), Iron: 1.02mg (5.65%), Selenium: 3.54µg (5.05%), Phosphorus: 48.93mg (4.89%), Vitamin B2: 0.08mg (4.47%), Magnesium: 15.67mg (3.92%), Copper: 0.08mg (3.9%), Potassium: 129.01mg (3.69%), Vitamin K: 3.83µg (3.65%), Vitamin B3: 0.68mg (3.42%), Calcium: 27.65mg (2.76%), Vitamin C: 1.78mg (2.16%), Zinc: 0.29mg (1.93%), Vitamin B6: 0.04mg (1.88%), Vitamin B5: 0.12mg (1.21%)