



Southwest Pinto Bean Burgers with Chipotle Mayonnaise

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce pinto beans drained canned
- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoon chipotles in adobo canned minced
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 8.8 ounce corn kernels drained canned
- ☐ 0.5 cup breadcrumbs dry

- ☐ 1 large eggs
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons jalapeno minced seeded
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 2 tablespoons cream sour reduced-fat
- ☐ 0.5 cup onion diced
- ☐ 1 teaspoon hot sauce hot
- ☐ 4 the of 1 cos lettuce
- ☐ 0.1 teaspoon salt
- ☐ 6 ounce hamburger buns whole wheat toasted

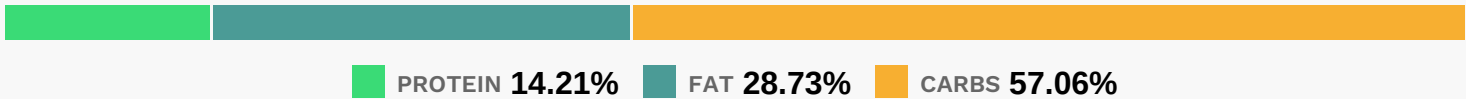
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ To prepare burgers, combine the first 10 ingredients in a large bowl.
- ☐ Add pinto beans and corn; partially mash with a fork. Divide bean mixture into 4 equal portions, shaping each portion into a 3 1/2-inch patty, and refrigerate for 10 minutes.
- ☐ To prepare chipotle mayonnaise, combine mayonnaise and 1 teaspoon chipotle in a small bowl; set aside.
- ☐ Heat canola oil in a large nonstick skillet over medium-high heat.
- ☐ Add patties to pan, and cook 4 minutes on each side or until thoroughly heated.
- ☐ Place patties on bottom halves of buns; top each patty with 1 tablespoon mayonnaise, 1 lettuce leaf, and top half of bun.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:5.59, Inflammation Score:-9, Nutrition Score:22.988260932591%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 401.54kcal (20.08%), Fat: 13.25g (20.39%), Saturated Fat: 2.59g (16.19%), Carbohydrates: 59.23g (19.74%), Net Carbohydrates: 49.52g (18.01%), Sugar: 9.49g (10.55%), Cholesterol: 50.84mg (16.95%), Sodium: 947.42mg (41.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.75g (29.5%), Vitamin A: 2717.96IU (54.36%), Manganese: 1.07mg (53.73%), Vitamin K: 48.03µg (45.75%), Folate: 161.83µg (40.46%), Fiber: 9.71g (38.82%), Selenium: 21.95µg (31.36%), Vitamin B1: 0.45mg (29.95%), Iron: 4.87mg (27.04%), Phosphorus: 249.78mg (24.98%), Vitamin B2: 0.36mg (20.92%), Vitamin B3: 3.95mg (19.75%), Magnesium: 78.53mg (19.63%), Copper: 0.36mg (18.13%), Potassium: 633.84mg (18.11%), Vitamin C: 14.32mg (17.36%), Calcium: 151.65mg (15.16%), Vitamin E: 2.12mg (14.1%), Vitamin B6: 0.26mg (13.02%), Zinc: 1.77mg (11.77%), Vitamin B5: 0.94mg (9.45%), Vitamin B12: 0.19µg (3.13%), Vitamin D: 0.26µg (1.75%)