



Spicy Black Bean Burgers

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup bread crumbs
- 16 ounce black beans rinsed drained canned
- 1 teaspoon chile-garlic sauce sriracha® (such as)
- 1 tablespoon chili powder
- 1 eggs
- 3 cloves garlic minced
- 1.5 tablespoons ground cumin
- 1 jalapeno minced

- 2 tablespoons vegetable oil
- 1 cup kernel corn whole canned drained
- 0.5 cup flour whole wheat

Equipment

- bowl
- frying pan
- whisk

Directions

- Whisk egg, cumin, chili powder, and chile-garlic sauce together in a bowl.
- Mash black beans in a separate bowl until they reach a paste-like consistency.
- Stir jalapeno pepper, corn, and garlic through the black bean paste.
- Mix the egg mixture into the black bean mixture.
- Scatter the bread crumbs over the black bean mixture; mix with your hands to evenly incorporate.
- Form the resulting mixture into 4 patties.
- Pour flour into the bottom of a shallow dish; coat the patties in the flour to help them hold shape.
- Heat vegetable oil in a skillet over medium heat. Cook the patties in hot oil until cooked through, about 5 minutes per side.

Nutrition Facts



PROTEIN 16.07% **FAT 28.07%** **CARBS 55.86%**

Properties

Glycemic Index:16.75, Glycemic Load:0.29, Inflammation Score:-7, Nutrition Score:18.529130469198%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin:

0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 331kcal (16.55%), Fat: 10.61g (16.33%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 47.5g (15.83%), Net Carbohydrates: 36.34g (13.21%), Sugar: 1.52g (1.69%), Cholesterol: 40.92mg (13.64%), Sodium: 709.79mg (30.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.67g (27.34%), Manganese: 1.17mg (58.62%), Fiber: 11.17g (44.66%), Iron: 5.51mg (30.61%), Folate: 108.06µg (27.02%), Vitamin B1: 0.4mg (26.64%), Selenium: 18.38µg (26.26%), Phosphorus: 257.03mg (25.7%), Magnesium: 83.79mg (20.95%), Copper: 0.38mg (19.05%), Vitamin B2: 0.3mg (17.78%), Potassium: 585.79mg (16.74%), Vitamin K: 16.64µg (15.84%), Vitamin B3: 3.04mg (15.19%), Vitamin A: 724.79IU (14.5%), Vitamin B6: 0.25mg (12.63%), Vitamin E: 1.75mg (11.69%), Zinc: 1.67mg (11.13%), Calcium: 108.44mg (10.84%), Vitamin C: 8.74mg (10.59%), Vitamin B5: 0.58mg (5.84%), Vitamin B12: 0.15µg (2.42%), Vitamin D: 0.22µg (1.47%)