



## Spicy Chili Bean Burgers

 Vegetarian  Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



5

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup all-bran cereal
- 1 can chili beans sauce undrained (15)
- 0.5 cup oats
- 0.3 cup spring onion chopped (4 medium)
- 1 eggs slightly beaten
- 1.3 cups baby spinach fresh washed
- 5 slices tomatoes
- 5 hamburger buns whole wheat split

## Equipment

- food processor
- bowl
- frying pan
- ziploc bags
- rolling pin
- meat tenderizer

## Directions

- Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor).
- In medium bowl, mash beans with fork until no whole beans remain.
- Add crushed cereal, oats, onions and egg; mix well. Shape mixture into 5 patties, each about 3 1/2 inches in diameter.
- Spray 12-inch skillet with cooking spray.
- Add patties; cook over medium heat about 10 minutes, turning once, until brown.
- For each sandwich, place 1/4 cup spinach leaves and 1 tomato slice on bottom half of bun; top with bean burger and top half of bun.

## Nutrition Facts



**PROTEIN 16.92%** **FAT 16.58%** **CARBS 66.5%**

## Properties

Glycemic Index:42.33, Glycemic Load:5.97, Inflammation Score:-9, Nutrition Score:33.199565141097%

## Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## Nutrients (% of daily need)

Calories: 283.77kcal (14.19%), Fat: 5.64g (8.68%), Saturated Fat: 1.26g (7.9%), Carbohydrates: 50.92g (16.97%), Net Carbohydrates: 40.62g (14.77%), Sugar: 10.23g (11.36%), Cholesterol: 32.74mg (10.91%), Sodium: 875.16mg (38.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.96g (25.92%), Manganese: 1.83mg (91.64%), Vitamin B6: 1.82mg (91.06%), Folate: 263.02µg (65.76%), Vitamin K: 51.37µg (48.93%), Fiber: 10.29g (41.18%), Vitamin B12: 2.42µg (40.38%), Vitamin B2: 0.68mg (39.78%), Phosphorus: 394.96mg (39.5%), Vitamin B1: 0.59mg (39.31%), Iron: 6.42mg (35.67%), Magnesium: 135.78mg (33.95%), Selenium: 22.14µg (31.63%), Zinc: 4.19mg (27.92%), Copper: 0.51mg (25.33%), Vitamin A: 1252.38IU (25.05%), Vitamin B3: 4.47mg (22.33%), Potassium: 741.79mg (21.19%), Calcium: 139.8mg (13.98%), Vitamin C: 10.67mg (12.94%), Vitamin B5: 0.58mg (5.78%), Vitamin E: 0.83mg (5.55%), Vitamin D: 0.71µg (4.73%)