



Vegan Black Bean Burgers

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices bread whole-wheat
- 15 ounce black beans drained and rinsed canned
- 3 tablespoons chile-garlic sauce to taste sriracha® (such as)
- 1 teaspoon chili powder
- 1 tablespoon cornstarch
- 1 tablespoon garlic minced
- 1 teaspoon ground cumin
- 0.3 teaspoon ground pepper black

- 0.3 teaspoon salt
- 1 teaspoon seafood seasoning old bay® (such as)
- 0.3 cup onion sweet chopped
- 1 tablespoon warm water

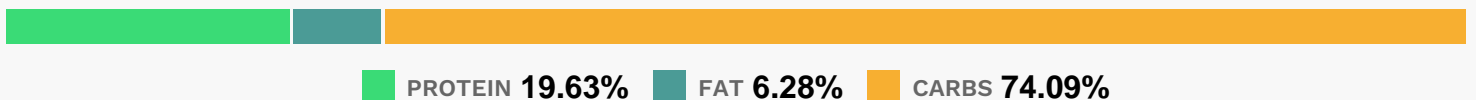
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a baking sheet.
- Mash black beans in a bowl; add onion, garlic, carrots, and green bell pepper.
- Mix.
- Whisk cornstarch, water, chile-garlic sauce, chili powder, cumin, seafood seasoning, salt, and black pepper together in a separate small bowl. Stir cornstarch mixture into black bean mixture.
- Mix whole-wheat bread into bean mixture. Stir flour, 1/4 cup at a time, into bean mixture until a sticky batter forms.
- Spoon 'burger-sized' mounds of batter onto the prepared baking sheet, about a 3/4-inch thickness per mound. Shape into burgers.
- Bake in the preheated oven until cooked in the center and crisp in the outside, about 10 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:31.42, Glycemic Load:3.78, Inflammation Score:-5, Nutrition Score:10.05043485372%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 169.89kcal (8.49%), Fat: 1.19g (1.83%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 22.67g (8.24%), Sugar: 3.77g (4.18%), Cholesterol: 0mg (0%), Sodium: 1257.18mg (54.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.73%), Fiber: 8.91g (35.63%), Manganese: 0.54mg (26.75%), Folate: 80.78µg (20.19%), Iron: 3.21mg (17.83%), Vitamin B1: 0.22mg (14.78%), Phosphorus: 144.84mg (14.48%), Copper: 0.26mg (12.76%), Magnesium: 48.66mg (12.16%), Potassium: 394.92mg (11.28%), Vitamin B2: 0.18mg (10.31%), Selenium: 5.99µg (8.56%), Vitamin B3: 1.57mg (7.85%), Calcium: 73.08mg (7.31%), Vitamin B6: 0.14mg (6.79%), Zinc: 0.82mg (5.5%), Vitamin K: 5.55µg (5.28%), Vitamin C: 4.26mg (5.17%), Vitamin A: 173.29IU (3.47%), Vitamin B5: 0.34mg (3.42%), Vitamin E: 0.25mg (1.64%)