



Zesty White Bean Burgers

 Vegetarian

READY IN



30 min.

SERVINGS



5

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15.5 ounces great northern beans canned
- 4 oz chilis green undrained chopped canned
- 2 medium spring onion chopped
- 1 cup breadcrumbs plain
- 1 eggs beaten
- 0.3 cup cornmeal yellow
- 2 tablespoons vegetable oil
- 5 ounce monterrey jack cheese

- 5 hamburger buns whole wheat toasted
- 1.3 cups lettuce shredded
- 0.3 cup guacamole
- 5 tablespoons salsa thick

Equipment

- food processor
- bowl
- frying pan
- blender

Directions

- Place beans in food processor or blender. Cover and process until slightly mashed. In medium bowl, mix beans, chiles, onions, bread crumbs and egg. Shape into 5 patties, each about 1/2 inch thick. Coat each patty with cornmeal.
- In 10-inch skillet, heat oil over medium heat. Cook patties in oil about 10 minutes, turning at least once, until crisp and thoroughly cooked on both sides.
- Top patties with cheese. Cover and cook 1 minute or until cheese just begins to melt.
- Top bottom halves of buns with lettuce, patties, guacamole and salsa. Cover with tops of buns.

Nutrition Facts



Properties

Glycemic Index:39.9, Glycemic Load:3.83, Inflammation Score:-8, Nutrition Score:25.000869543656%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg,

Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin:
0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 541.31kcal (27.07%), Fat: 22.1g (34%), Saturated Fat: 7.96g (49.77%), Carbohydrates: 64.66g (21.55%), Net
Carbohydrates: 54.76g (19.91%), Sugar: 5.66g (6.29%), Cholesterol: 57.97mg (19.32%), Sodium: 749.56mg
(32.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.52g (47.03%), Manganese: 1.14mg (57.21%), Folate:
191.64µg (47.91%), Selenium: 30.98µg (44.25%), Vitamin B1: 0.6mg (40.28%), Fiber: 9.9g (39.59%), Phosphorus:
393.35mg (39.33%), Calcium: 367.95mg (36.8%), Vitamin K: 34.51µg (32.86%), Iron: 5.42mg (30.11%), Vitamin B2:
0.48mg (28.26%), Magnesium: 101.73mg (25.43%), Vitamin B3: 4.74mg (23.72%), Potassium: 673.19mg (19.23%),
Copper: 0.38mg (18.95%), Zinc: 2.78mg (18.51%), Vitamin B6: 0.35mg (17.72%), Vitamin C: 12.5mg (15.15%), Vitamin
B5: 1.13mg (11.3%), Vitamin A: 545.42IU (10.91%), Vitamin E: 1.29mg (8.63%), Vitamin B12: 0.39µg (6.56%), Vitamin D:
0.35µg (2.31%)