



Zesty White Bean Burgers

 Vegetarian

READY IN



30 min.

SERVINGS



5

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup breadcrumbs plain
- 15.5 ounces great northern beans canned
- 4.5 ounces chilis green undrained chopped canned
- 1 eggs beaten
- 2 medium spring onion chopped
- 0.3 cup guacamole
- 1.3 cups lettuce shredded
- 5 ounce monterrey jack cheese

- 5 tablespoons salsa thick
- 2 tablespoons vegetable oil
- 5 hamburger buns whole wheat toasted
- 0.3 cup cornmeal yellow

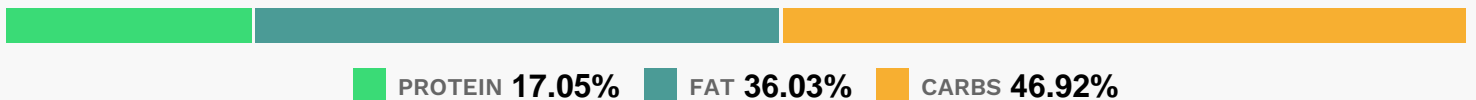
Equipment

- 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:25.118260756783%

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: 541.91kcal (27.1%), Fat: 22.1g (34.01%), Saturated Fat: 7.96g (49.78%), Carbohydrates: 64.79g (21.6%), Net
Carbohydrates: 54.85g (19.94%), Sugar: 5.66g (6.29%), Cholesterol: 57.97mg (19.32%), Sodium: 760.82mg
(33.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.54g (47.07%), Manganese: 1.14mg (57.21%), Folate:
193.17µg (48.29%), Selenium: 30.99µg (44.27%), Vitamin B1: 0.6mg (40.3%), Fiber: 9.95g (39.78%), Phosphorus:
393.66mg (39.37%), Calcium: 368.97mg (36.9%), Vitamin K: 34.51µg (32.86%), Iron: 5.46mg (30.32%), Vitamin B2:
0.48mg (28.31%), Magnesium: 101.84mg (25.46%), Vitamin B3: 4.76mg (23.81%), Potassium: 676.4mg (19.33%),
Copper: 0.38mg (18.95%), Zinc: 2.78mg (18.53%), Vitamin B6: 0.36mg (17.89%), Vitamin C: 13.47mg (16.33%),
Vitamin B5: 1.13mg (11.33%), Vitamin A: 548.99IU (10.98%), Vitamin E: 1.29mg (8.63%), Vitamin B12: 0.39µg (6.56%),
Vitamin D: 0.35µg (2.31%)