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## Black Bean Burger Patties ♦♦

Black bean burger patties are a delicious and healthy alternative to traditional meat burgers. Made with black beans, vegetables, and spices, these patties are packed with flavor and protein. They are perfect for vegans and vegetarians, and anyone looking to reduce their meat consumption. Serve them on a bun with your favorite toppings for a satisfying and nutritious meal.

**Recipe Type:** Vegan

**Prep Time:** 20 mins

**Cook Time:** 10 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	Black Beans
100 g	onion
2 cloves	garlic
100 g	Red Bell Pepper

<b>1 tsp</b>	ground cumin
<b>1 tsp</b>	chili powder
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>2 tbsp</b>	olive oil
<b>50 g</b>	breadcrumbs
<b>50 g</b>	flour
<b>4 pieces</b>	Hamburger Buns
<b>50 g</b>	lettuce
<b>100 g</b>	Tomato
<b>50 g</b>	onion slices
<b>50 g</b>	Pickles
<b>4 tbsp</b>	ketchup
<b>2 tbsp</b>	mustard

## Directions

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### Step 1

Rinse and drain the black beans.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Cut

Chop the onion, garlic, and red bell pepper.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 3

Mashing

In a large bowl, mash the black beans with a fork or potato masher.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

Add the chopped onion, garlic, red bell pepper, ground cumin, chili powder, salt, and black pepper to the bowl with the mashed black beans.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Mixing

Mix well until all the ingredients are evenly combined.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 6

Mixing

Add the breadcrumbs and flour to the mixture and mix until well combined.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 7

Forming

Form the mixture into patties of desired size.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 8

Heating

Heat olive oil in a skillet over medium heat.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 9

### Frying

Cook the patties in the skillet for about 4-5 minutes on each side, or until golden brown and heated through.

**Prep Time:** 10 mins

**Cook Time:** 10 mins

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## Step 10

### Toasting

Toast the hamburger buns in a toaster or on a grill.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 11

### Assembling

Assemble the burgers by placing a black bean patty on each bun, and topping with lettuce, tomato, onion slices, pickles, ketchup, and mustard.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 12

### Serving

Serve the black bean burgers immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 4 g

**Protein:** 12 g

**Carbohydrates:** 45 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	45 g	81.82%	90%
Fibers	9 g	23.68%	36%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Meal Type



Breakfast

Brunch

Lunch

Dinner

Snack

Supper

### Course

Breads

Salads

Sauces & Dressings

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

### Difficulty Level

Medium

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