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Spicy Black Bean Gardenburger ♦♦

The Spicy Black Bean Gardenburger is a delicious vegan recipe that combines the flavors of black beans, spices, and vegetables. It is a healthy and satisfying option for vegans and vegetarians.

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	breadcrumbs
50 g	onion
10 g	garlic
50 g	Red Bell Pepper

5 g	Jalapeño pepper
1 tsp	Cumin
1 tsp	Chili powder
0.5 tsp	Salt
0.5 tsp	Black pepper
2 tbsp	olive oil
4 pieces	whole wheat buns
50 g	lettuce
50 g	Tomato
50 g	Avocado

Directions

Step 1

Blending

In a food processor, combine black beans, breadcrumbs, onion, garlic, red bell pepper, jalapeno pepper, cumin, chili powder, salt, and black pepper. Pulse until well combined.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Refrigerating

Form the mixture into patties and refrigerate for 10 minutes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Heat olive oil in a skillet over medium heat. Cook the patties for 4-5 minutes on each side, until golden brown.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Serve the patties on whole wheat buns with lettuce, tomato, and avocado.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 6 g

Protein: 12 g

Carbohydrates: 40 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)
Carbohydrates	40 g	72.73%	80%
Fibers	10 g	26.32%	40%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	450 mg	13.24%	17.31%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Pressure Cooker

Air Fryer

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

Salads

Snacks

Sauces & Dressings

Difficulty Level

Medium

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