



Black Bean Burgers (FODMAP-GERD)

These make great leftovers. You can also freeze individual burgers by wrapping in plastic. Thaw them for a quick lunch or dinner!

U.S.		Metric
1 (15 oz) can	Black Beans, reduced sodium, drained and rinsed	1 (425 g) can
1/2 each	Red Bell Pepper, small dice	1/2 each
1/2 cup	Cheddar Cheese, low-fat shredded	56 g
1/2 tsp	Garlic powder	1.8 g
1 Tbsp	Cumin, ground	6.4 g
1 tsp	Oregano, dried	0.5 g
1 tsp	Onion powder	1.8 g
1/4 tsp	Salt	1.5 g
To taste	Black Pepper, ground	To taste
1 each	Egg, large	1 each
3/4 cup	Whole Wheat Breadcrumbs	90 g
As needed	Cooking spray	As needed
2 cups	Lettuce, spinach, or other greens	112 g
6 each	Whole Wheat Hamburger Bun	6 each

Preparation:

1. Preheat oven to 375°F (190°C).
2. Gather all the ingredients and equipment.
3. After draining and rinsing the beans, mash in a large bowl with a fork or potato masher.
4. Mix in red pepper, cheese, seasonings, egg, and breadcrumbs. Mix well. Shape into 6, 4 ounce patties.
5. Line a baking sheet with foil and spray lightly with cooking spray. Place burger patties in a single layer.
6. Cook in oven until burgers firm up and reach internal temperature of 165°F (73.89°C), about 12 minutes.
7. Serve on a toasted whole wheat bun with lettuce and any other favorite condiment (No tomato or onion).

Nutrition Facts

6 Servings

Serving size **1 (4oz) burger with bun**

Amount per serving

Calories **290**

Calories from Fat 45

Total Fat 5 g

 Saturated Fat 2 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 35 mg

Sodium 390 mg

Total Carbohydrate 10 g

 Dietary Fiber 10 g

 Total Sugars 3 g

 Includes 0g Added Sugars

Protein 16 g

Vitamin D 0 %

Calcium 10 %

Iron 4 %

Potassium 420 mg

Phosphorus 58 mg
