

Mexican Bean Burger

Yield: 8 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/homemade-mexican-bean-burger-recipe>

Ingredients:

- 1 2/3 cups cannellini beans drained
- 1 2/3 cups red kidney beans drained
- 3 garlic cloves crushed
- 1 red onion Small, chopped
- 1 lime
- 1 handful fresh coriander cilantro
- 1 pinch sea salt and black pepper
- 1 teaspoon paprika Each of, mild chilli powder and cumin
- 3/4 cup rolled oats
- 8 burger buns
- 4 handfuls lettuce rocket, arugula
- 8 coleslaw Portions of Mexican
- 8 tablespoons Greek yoghurt
- 8 tablespoons salsa heaped
- 8 tablespoons guacamole

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 5 milligrams
4. Fat: 4 grams
5. Fiber: 3 grams
6. Protein: 13 grams
7. SaturatedFat: 1 grams
8. Sodium: 460 milligrams
9. Sugar: 5 grams

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