

# Kidney Bean Burger

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 1 cup kidney beans uncooked, raw
- 1 pinch salt
- 1 cup water
- 1 1/2 cups grated carrots
- 1 onion sliced & charred, optional, but recommended
- salt
- pepper
- 1 teaspoon smoked paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 cup breadcrumbs
- 1/2 cup all purpose flour
- 1/4 cup cornflour
- 2/3 cup cold water
- 2 cups breadcrumbs

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 71 grams
3. Fat: 3.5 grams
4. Fiber: 5 grams
5. Protein: 13 grams
6. SaturatedFat: 1 grams
7. Sodium: 860 milligrams
8. Sugar: 7 grams

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