

# Spicy Black Bean Burger

Lancer Management

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

|                     |   |          |               |
|---------------------|---|----------|---------------|
| <b>Yield</b>        | 1 | Sandwich | <b>Prep</b>   |
| <b>Portion</b>      | 1 | Sandwich | <b>Cook</b>   |
| <b>Num Portions</b> | 1 |          | <b>Finish</b> |
|                     |   |          | <b>Shelf</b>  |

|  |                       |
|--|-----------------------|
| <b>Nutrition Facts</b>                                   |                       |
| Serving Size   | 1 Sandwich            |
| Servings Per Container                                   | 1                     |
| Amount Per Serving                                       |                       |
| <b>Calories</b> 486                                      | Calories From Fat 181 |
| % Daily Value  |                       |
| <b>Total Fat</b> 20g                                     | 30%                   |
| Saturated Fat 4g   | 16%                   |
| <b>Cholesterol</b> 10mg                                  | 3%                    |
| <b>Sodium</b> 903mg                                      | 38%                   |
| <b>Total Carbohydrates</b> 49g                           | 16%                   |
| Dietary Fiber 7g   | 32%                   |
| <b>Protein</b> 21g                                       |                       |
| Vitamin A 9%   | Vitamin C 10%         |
| Calcium 12%  | Iron 20%              |
| * Percent Daily Values are based on a 2000 calorie diet. |                       |

## Nutrition Descriptors

Low Cholesterol  
High in Potassium  
High in Iron  
High in Fiber  
High in Protein  
Good Source of Vitamin C  
Good Source of Calcium  
Good Source of Carbohydrates