

# Pinto-and-Rice Burgers

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## Servings: 8

2 cans (15.5 ounces) pinto beans,  
rinsed and drained  
1 3/4 cups cooked long-grain white  
rice  
1/3 cup plain dried breadcrumbs  
1 bunch scallions, thinly sliced  
1/4 cup chopped fresh cilantro  
2 large eggs, lightly beaten  
coarse salt and pepper  
1/3 cup olive oil, divided  
8 hamburger buns  
toppings (such as mayonnaise,  
mustard, lettuce, avocado, tomato,  
cheese and cucumber) (optional)

In a large bowl, mash the beans until a coarse  
paste forms. Add the rice, breadcrumbs,  
scallions, cilantro, eggs, 1/2 teaspoon salt and  
1/4 teaspoon of pepper. Gently fold to combine.  
Form into eight 3/4-inch patties.

In a large skillet, heat half of the oil over medium-  
high. Add half the patties and cook until  
browned and cooked through, about 3 minutes  
per side. Transfer to a wire rack and tent with  
foil.

Repeat with the remaining oil and patties.

Serve the burgers on buns with desired toppings.

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Per Serving (excluding unknown  
items): 430 Calories; 13g Fat  
(27.1% calories from fat); 16g  
Protein; 62g Carbohydrate; 13g  
Dietary Fiber; 53mg Cholesterol;  
264mg Sodium. Exchanges: 4  
Grain(Starch); 1/2 Lean Meat; 0  
Vegetable; 2 1/2 Fat.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	430
% Calories from Fat:	27.1%
% Calories from Carbohydrates:	57.8%
% Calories from Protein:	15.1%
Total Fat (g):	13g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	53mg
Carbohydrate (g):	62g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	313mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## Food Exchanges

Dietary Fiber (g): 13g  
 Protein (g): 16g  
 Sodium (mg): 264mg  
 Potassium (mg): 738mg  
 Calcium (mg): 130mg  
 Iron (mg): 5mg  
 Zinc (mg): 2mg  
 Vitamin C (mg): 4mg  
 Vitamin A (i.u.): 103IU  
 Vitamin A (r.e.): 21 1/2RE

Grain (Starch): 4  
 Lean Meat: 1/2  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 2 1/2  
 Other Carbohydrates: 0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 430      **Calories from Fat:** 117

### % Daily Values\*

<b>Total Fat</b>	13g	20%
Saturated Fat	2g	11%
<b>Cholesterol</b>	53mg	18%
<b>Sodium</b>	264mg	11%
<b>Total Carbohydrates</b>	62g	21%
Dietary Fiber	13g	53%
<b>Protein</b>	16g	

<b>Vitamin A</b>	2%
<b>Vitamin C</b>	7%
<b>Calcium</b>	13%
<b>Iron</b>	27%

\* Percent Daily Values are based on a 2000 calorie diet.