

Recipe Analyzer Results

A single serving of this recipe has 201 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	201
% Daily Value*	
Total Fat 4.9g	6%
Saturated Fat 2g	10%
Cholesterol 64mg	21%
Sodium 153mg	7%
Total Carbohydrate 17.2g	6%
Dietary Fiber 6.2g	22%
Total Sugars 0.6g	
Protein 21.8g	
Vitamin D 2mcg	10%
Calcium 34mg	3%
Iron 3mg	19%

Ingredients:

- 1 can (540 mL/19 oz) low sodium black beans, drained and rinsed
- 125 ml (1/2 cup) finely chopped onion
- 3 cloves garlic, minced
- 30 ml (2 tbsp) Dijon mustard
- 5 ml (1 tsp) ground cumin
- 7 ml (1/2 tbsp) paprika
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) black pepper
- 1 egg
- 454 g (1 lb) extra lean ground beef

Potassium 473mg

10%

## Nutrition Facts

Servings: 8

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**