



 **42%**
HEALTH SCORE

Black-Bean and Brown-Rice Cakes

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



292 kcal

Ingredients

- 30 ounces black beans rinsed drained canned
- 2 large spring onion coarsely chopped
- 1 jalapeno seeded chopped
- 0.3 teaspoon ground cumin
- 0.8 cup brown rice cooked
- 1 serving coarse mustard
- 1 tablespoon olive oil extra virgin extra-virgin
- 0.5 cup yogurt plain low-fat
- 1 tablespoon cilantro leaves fresh finely chopped for serving

1 tablespoon juice of lime fresh

Equipment

food processor

bowl

baking sheet

oven

Directions

Preheat oven to 450 degrees. In a food processor, pulse half the beans with scallions, jalapeno, and cumin until a chunky paste forms. In a large bowl, combine bean puree with rice and remaining beans; season with salt and pepper. Divide mixture into eight 3-inch-wide patties. (To freeze, wrap individually in plastic and freeze up to 2 weeks; thaw before cooking.)

Brush a rimmed baking sheet with oil; place in oven to heat, 5 minutes. Carefully place patties on hot sheet; bake until bottoms are golden brown, 10 to 12 minutes, rotating sheet halfway through.

Let rest on sheet 5 minutes before removing.

Meanwhile, in a small bowl, combine yogurt, cilantro, and lime juice; season with salt and pepper.

Serve patties topped with yogurt sauce and cilantro leaves.

Nutrition Facts



PROTEIN 21% **FAT 15.13%** **CARBS 63.87%**

Properties

Glycemic Index:46.3, Glycemic Load:4.38, Inflammation Score:-7, Nutrition Score:18.839999986731%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 291.88kcal (14.59%), Fat: 5g (7.7%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 47.55g (15.85%), Net Carbohydrates: 31.71g (11.53%), Sugar: 2.68g (2.97%), Cholesterol: 1.84mg (0.61%), Sodium: 854.53mg (37.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.63g (31.26%), Fiber: 15.84g (63.35%), Manganese: 0.93mg (46.58%), Folate: 144.01µg (36%), Phosphorus: 309.97mg (31%), Vitamin K: 29.05µg (27.67%), Iron: 4.58mg (25.44%), Magnesium: 100.12mg (25.03%), Vitamin B1: 0.36mg (24.06%), Potassium: 807.65mg (23.08%), Copper: 0.46mg (22.85%), Vitamin B2: 0.34mg (19.97%), Vitamin C: 13.65mg (16.55%), Calcium: 146.12mg (14.61%), Zinc: 1.72mg (11.46%), Vitamin B6: 0.21mg (10.58%), Vitamin B3: 1.97mg (9.85%), Vitamin B5: 0.74mg (7.45%), Selenium: 4.3µg (6.14%), Vitamin E: 0.73mg (4.84%), Vitamin A: 197.58IU (3.95%), Vitamin B12: 0.17µg (2.86%)