



Black Bean Cakes



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



414 kcal

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce black beans rinsed drained canned
- ☐ 3 tablespoons canola oil divided
- ☐ 0.5 teaspoon dijon mustard
- ☐ 5 large eggs divided
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions finely chopped
- ☐ 0.8 teaspoon ground cumin

- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 teaspoon kosher salt
- ☐ 6 cups baby lettuce mixed
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 1.5 tablespoons olive oil
- ☐ 0.5 cup panko bread crumbs divided

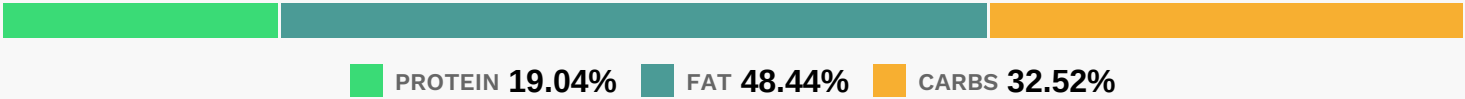
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Place 1 tablespoon canola oil, 1 egg, and beans in a food processor. Pulse 20 times or until mixture becomes a coarsely chopped paste.
- ☐ Combine bean mixture, 5 tablespoons panko, onions, and next 5 ingredients in a bowl.
- ☐ Place 3 tablespoons panko in a dish. Divide bean mixture into 4 equal portions. Shape each into a 3/4-inch-thick patty; dredge in panko.
- ☐ Heat a nonstick skillet over medium-high heat.
- ☐ Add 4 teaspoons canola oil.
- ☐ Add patties; cook 3 minutes on each side.
- ☐ Remove from pan. Wipe pan clean.
- ☐ Add remaining 2 teaspoons canola oil. Crack 4 eggs into skillet. Cover and cook 4 minutes.
- ☐ Remove from heat.
- ☐ To prepare salad, combine olive oil and next 4 ingredients in a bowl, stirring with a whisk.
- ☐ Add lettuce; toss gently to coat. Arrange 1 1/2 cups salad, 1 black bean patty, and 1 egg on each of 4 plates.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:0.2, Inflammation Score:-10, Nutrition Score:35.769130375074%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 15.56mg, Quercetin: 15.56mg, Quercetin: 15.56mg, Quercetin: 15.56mg

Nutrients (% of daily need)

Calories: 414.34kcal (20.72%), Fat: 23.08g (35.51%), Saturated Fat: 3.71g (23.19%), Carbohydrates: 34.86g (11.62%), Net Carbohydrates: 22.25g (8.09%), Sugar: 3.68g (4.09%), Cholesterol: 232.5mg (77.5%), Sodium: 805.52mg (35.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.41g (40.82%), Vitamin A: 26755.48IU (535.11%), Vitamin K: 472.4µg (449.9%), Manganese: 1.28mg (63.95%), Folate: 241.67µg (60.42%), Fiber: 12.61g (50.44%), Vitamin C: 37.67mg (45.66%), Vitamin B2: 0.74mg (43.34%), Iron: 6.95mg (38.61%), Phosphorus: 360.78mg (36.08%), Selenium: 24.99µg (35.69%), Vitamin B1: 0.5mg (33.63%), Potassium: 1152.26mg (32.92%), Vitamin E: 4.13mg (27.56%), Vitamin B6: 0.51mg (25.64%), Magnesium: 97.79mg (24.45%), Calcium: 224.71mg (22.47%), Copper: 0.39mg (19.27%), Vitamin B5: 1.69mg (16.87%), Zinc: 2.19mg (14.6%), Vitamin B3: 2.61mg (13.05%), Vitamin B12: 0.58µg (9.71%), Vitamin D: 1.25µg (8.33%)