

Black Bean Cakes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



29 kcal

Ingredients

- 1 pinch ground pepper
- 0.5 teaspoon chili powder
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ground cumin
- 1 tablespoon milk
- 0.5 cup yogurt plain
- 0.5 teaspoon salt
- 2 tablespoons vegetable oil

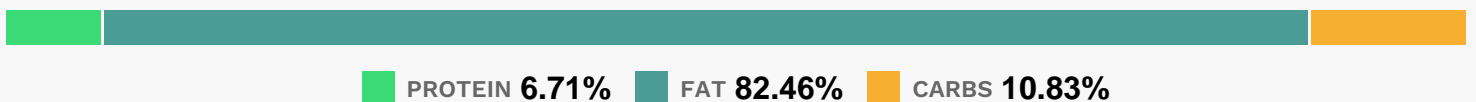
Equipment

- food processor
- bowl
- frying pan
- pot
- blender
- wax paper

Directions

- Place black beans in a large pot with enough water to cover. Bring to a boil, reduce heat, and simmer 1 hour, or until tender.
- In an electric blender or food processor, process black beans until smooth. Stir in cumin, chili powder, salt, and cilantro; blend.
- Roll the mixture into balls, allowing 3 tablespoons of mixture per ball.
- Place balls between sheets of wax paper and press down on the wax paper to form 1/8 inch thick rounds.
- Heat oil in a large non-stick skillet. Fry the cakes 2 or 3 minutes per side.
- In a bowl, combine yogurt, milk, and cayenne pepper (to taste).
- Serve the sauce over the hot black bean cakes.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:0.98956521632879%

Flavonoids

Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 29.25kcal (1.46%), Fat: 2.77g (4.25%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.72g (0.26%), Sugar: 0.56g (0.62%), Cholesterol: 1.48mg (0.49%), Sodium: 104.48mg (4.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.01%), Vitamin K: 5.69µg (5.42%), Iron: 0.36mg (2.01%), Calcium: 19.19mg (1.92%), Vitamin E: 0.25mg (1.69%), Vitamin A: 76.65IU (1.53%), Phosphorus: 13.94mg (1.39%),

Vitamin B2: 0.02mg (1.14%), Manganese: 0.02mg (1.04%)