



Black Bean Cakes with Avocado-Corn Salsa

READY IN



40 min.

SERVINGS



6

CALORIES



550 kcal

Ingredients

- ☐ 30 oz black beans drained and rinsed canned
- ☐ 4 tablespoons canola oil divided
- ☐ 6 servings avocado-corn salsa
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 6 oz pepper jack cheese shredded divided
- ☐ 0.8 cup onion diced red
- ☐ 2 oz cheddar cheese shredded

- ☐ 1 tablespoon taco seasoning
- ☐ 6 tostada shells

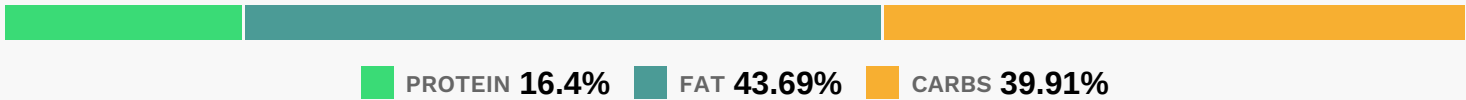
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Saut onion in 1 Tbsp. hot oil in a small skillet over medium-high heat 4 minutes or until tender. Stir in garlic.
- ☐ Remove from heat.
- ☐ Prepare Avocado-Corn Salsa; chill until ready to serve.
- ☐ Mash together taco seasoning and 2 cups black beans in a large bowl with a fork. Stir in panko, next 2 ingredients, onion mixture, 1 cup pepper Jack cheese, and remaining black beans until well blended. Shape mixture into 6 (1/2-inch-thick) patties.
- ☐ Cook patties in remaining 3 Tbsp. hot oil in a large nonstick skillet over medium heat 4 to 5 minutes on each side or until golden brown.
- ☐ Preheat oven to 40
- ☐ Place tostadas on a 15- x 10-inch jelly-roll pan; top with Cheddar and remaining pepper Jack cheese.
- ☐ Bake until cheese melts. Top with black bean cakes and salsa.

Nutrition Facts



Properties

Glycemic Index:33.08, Glycemic Load:8.56, Inflammation Score:-7, Nutrition Score:20.684347774671%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 550.07kcal (27.5%), Fat: 27.65g (42.53%), Saturated Fat: 9.66g (60.38%), Carbohydrates: 56.81g (18.94%), Net Carbohydrates: 43.53g (15.83%), Sugar: 4.95g (5.5%), Cholesterol: 65.68mg (21.89%), Sodium: 968.81mg (42.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.71%), Fiber: 13.27g (53.1%), Phosphorus: 447.53mg (44.75%), Calcium: 363.58mg (36.36%), Folate: 124.91µg (31.23%), Manganese: 0.62mg (30.87%), Vitamin B1: 0.4mg (26.58%), Vitamin B2: 0.45mg (26.35%), Magnesium: 98.01mg (24.5%), Iron: 4mg (22.23%), Potassium: 732.93mg (20.94%), Zinc: 2.87mg (19.15%), Copper: 0.38mg (18.9%), Selenium: 13.21µg (18.88%), Vitamin B6: 0.33mg (16.59%), Vitamin B3: 2.84mg (14.2%), Vitamin A: 665.43IU (13.31%), Vitamin E: 1.97mg (13.1%), Vitamin C: 10.28mg (12.46%), Vitamin B5: 1.19mg (11.92%), Vitamin K: 11.11µg (10.58%), Vitamin B12: 0.43µg (7.12%), Vitamin D: 0.39µg (2.62%)