



## Black Bean Cauliflower Cakes with Pico de Gallo

 Vegetarian

READY IN



55 min.

SERVINGS



14

CALORIES



176 kcal

### Ingredients

- 24 oz cauliflower frozen
- 15 oz black beans rinsed drained canned
- 2 tablespoons spring onion chopped (2 medium)
- 1 clove garlic peeled
- 0.5 teaspoon salt
- 2 cups rice white cooked
- 1 cup tortilla chips crushed
- 0.5 cup panko bread crumbs plain crispy

- 6 tablespoons vegetable oil
- 0.8 cup pico de gallo
- 1 serving cream sour

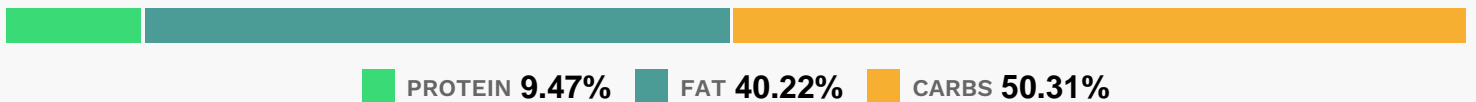
## Equipment

- food processor
- frying pan

## Directions

- Cook frozen cauliflower as directed on bag; open bag and cool 10 minutes. In food processor, place beans, green onions, garlic, salt and the cauliflower. Cover; process until smooth. Stir in rice and crushed tortilla chips. Shape mixture into 14 patties, each about 1/2 inch thick and 3 inches in diameter, using about 1/3 cup bean mixture for each. Coat patties with bread crumbs. Refrigerate about 1 hour so mixture holds together.
- In 12-inch skillet, heat 2 tablespoons oil over medium heat. Cook 4 patties in oil 4 to 6 minutes, turning once, until light golden brown. Repeat until all patties are cooked, adding oil as needed.
- Serve patties topped with pico de gallo and drizzled with crema.

## Nutrition Facts



## Properties

Glycemic Index:14.5, Glycemic Load:7.33, Inflammation Score:-4, Nutrition Score:7.6604348226734%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 175.83kcal (8.79%), Fat: 8.1g (12.46%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 19.07g (6.94%), Sugar: 2.33g (2.58%), Cholesterol: 0.51mg (0.17%), Sodium: 342.99mg (14.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Vitamin C: 25.17mg (30.51%), Vitamin K: 21.9µg

(20.86%), Fiber: 3.72g (14.9%), Manganese: 0.28mg (13.88%), Folate: 50.79µg (12.7%), Phosphorus: 87.21mg (8.72%), Potassium: 270.23mg (7.72%), Vitamin B6: 0.15mg (7.4%), Magnesium: 28.76mg (7.19%), Vitamin B1: 0.1mg (6.98%), Iron: 1.07mg (5.96%), Vitamin B5: 0.58mg (5.82%), Vitamin E: 0.82mg (5.5%), Copper: 0.11mg (5.39%), Vitamin B2: 0.09mg (5.02%), Selenium: 3.35µg (4.78%), Calcium: 38.13mg (3.81%), Zinc: 0.56mg (3.73%), Vitamin B3: 0.74mg (3.71%), Vitamin A: 72.38IU (1.45%)