



 **65%**  
HEALTH SCORE

## Black Bean Croquettes

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups tomatoes chopped
- 2 cups pineapple chopped
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 teaspoon salt
- 30 oz black beans rinsed drained canned
- 1 tablespoon ground cumin
- 1 teaspoon ground coriander
- 1 clove garlic grated

- 1 cup corn frozen thawed
- 1 cup onion finely chopped
- 0.3 cup cilantro leaves fresh chopped
- 0.5 cup breadcrumbs plain

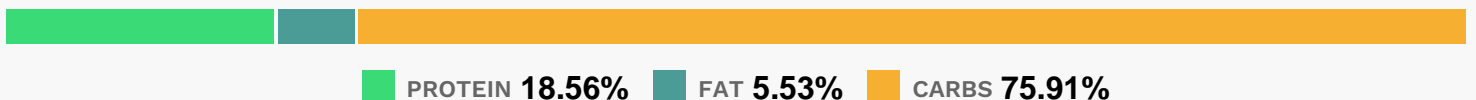
## Equipment

- bowl
- baking sheet
- oven
- potato masher

## Directions

- Heat oven to 450°F. Spray cookie sheet with cooking spray. In large bowl, mix salsa ingredients; set aside.
- In another large bowl, add black beans, cumin, coriander and garlic. Using potato masher or fork, mash beans until no whole beans remain. Stir in corn, onion, cilantro and 1/4 cup of the bread crumbs.
- In medium bowl, add remaining 1/4 cup bread crumbs. Measure 1/4 cup bean mixture at a time, and form into a ball.
- Roll in bread crumbs.
- Place on cookie sheet.
- Bake 15 to 20 minutes or until heated through.
- Serve with salsa.

## Nutrition Facts



## Properties

Glycemic Index:55.67, Glycemic Load:7.35, Inflammation Score:-9, Nutrition Score:27.573478255583%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg, Quercetin: 9.32mg

## Nutrients (% of daily need)

Calories: 366.4kcal (18.32%), Fat: 2.37g (3.65%), Saturated Fat: 0.45g (2.78%), Carbohydrates: 73.29g (24.43%), Net Carbohydrates: 53.71g (19.53%), Sugar: 12.67g (14.08%), Cholesterol: 0mg (0%), Sodium: 1072.22mg (46.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.92g (35.84%), Manganese: 1.66mg (83.17%), Fiber: 19.58g (78.31%), Vitamin C: 62.09mg (75.26%), Folate: 195.19µg (48.8%), Vitamin B1: 0.59mg (39.65%), Iron: 6.61mg (36.72%), Phosphorus: 335.13mg (33.51%), Potassium: 1169.94mg (33.43%), Copper: 0.64mg (31.85%), Magnesium: 123.16mg (30.79%), Vitamin B2: 0.41mg (23.9%), Vitamin B6: 0.42mg (21.24%), Vitamin B3: 3.91mg (19.53%), Vitamin A: 779.48IU (15.59%), Calcium: 147.91mg (14.79%), Zinc: 2.04mg (13.58%), Vitamin K: 11.33µg (10.79%), Selenium: 7.11µg (10.15%), Vitamin B5: 0.89mg (8.89%), Vitamin E: 0.52mg (3.45%)