



Black Bean Patties



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 15 oz black beans drained and rinsed canned
- ☐ 1 eggs beaten
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove finely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 servings olive oil
- ☐ 3 tablespoons onions finely chopped

- ☐ 0.3 teaspoon paprika
- ☐ 4 servings salt and pepper
- ☐ 2 scallions finely chopped

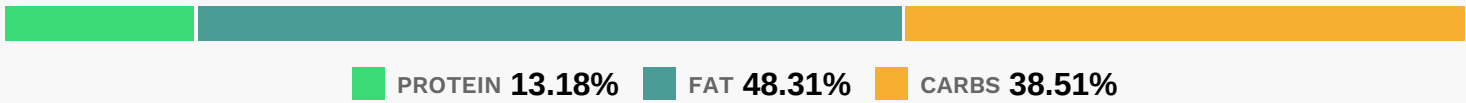
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ In a skillet over medium-high heat, add 1 tbs of olive oil.
- ☐ Add the scallions, garlic, onion and bell pepper and cook, stirring occasionally, until soft and slightly charred, about 10 minutes.
- ☐ Place the beans in a food processor and add the onion mixture. Process for about 20 seconds. Transfer to a bowl and add the remaining ingredients. Shape the mixture into patties. Arrange the patties on a plate and refrigerate for 45 minutes, or cover tightly with plastic wrap and refrigerate overnight. Heat 2 tablespoons olive oil in a skillet over medium. When it's hot, fry the patties, turning once, until lightly crisp, 3 to 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:12.262173994728%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 297.12kcal (14.86%), Fat: 16.17g (24.88%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 20.67g (7.51%), Sugar: 1.37g (1.52%), Cholesterol: 40.92mg (13.64%), Sodium: 719.1mg (31.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.84%), Fiber: 8.34g (33.36%), Vitamin K: 25.03µg (23.84%), Folate: 90.46µg (22.61%), Manganese: 0.42mg (21.09%), Vitamin B1: 0.29mg (19.65%), Iron: 3.27mg (18.18%), Phosphorus: 166.53mg (16.65%), Vitamin E: 2.25mg (14.98%), Vitamin B2: 0.24mg (14.35%), Copper: 0.26mg (13.1%), Magnesium: 47.87mg (11.97%), Selenium: 8.37µg (11.96%), Potassium: 412.3mg (11.78%), Vitamin B3: 1.64mg (8.22%), Calcium: 79.02mg (7.9%), Zinc: 0.98mg (6.53%), Vitamin C: 5.08mg (6.15%), Vitamin B6: 0.12mg (6.04%), Vitamin A: 255.91IU (5.12%), Vitamin B5: 0.47mg (4.66%), Vitamin B12: 0.15µg (2.42%), Vitamin D: 0.22µg (1.47%)