



Black-Eyed Pea Cakes with Adobo Cream

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



236 kcal

Ingredients

- ☐ 1 teaspoon chiles in adobo sauce
- ☐ 15.8 ounce no-salt-added black-eyed peas rinsed drained canned
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 0.3 cup breadcrumbs dry
- ☐ 1 large eggs lightly beaten
- ☐ 1 large egg white lightly beaten
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 ounce monterrey jack cheese shredded

- ☐ 1.5 teaspoons olive oil
- ☐ 1 tablespoon onion finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream fat-free sour

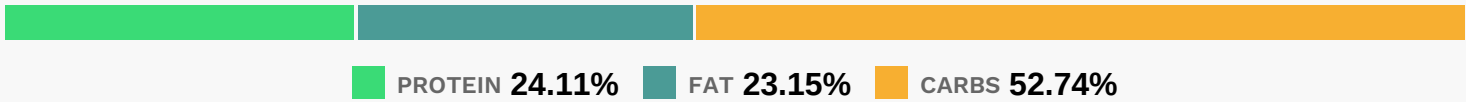
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine sour cream and adobo sauce in a small bowl.
- ☐ Place beans in a medium bowl; partially mash beans with a fork. Stir in breadcrumbs and next 7 ingredients (through egg white). With floured hands, divide pea mixture into 4 equal portions, shaping each portion into a 1/2-inch-thick patty.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add patties to pan; cook 2 minutes on each side or until golden and thoroughly heated.
- ☐ Remove from pan; top each cake with 1 tablespoon cheese.
- ☐ Serve with sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:6.69, Inflammation Score:-6, Nutrition Score:14.542608525442%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 235.63kcal (11.78%), Fat: 6.13g (9.43%), Saturated Fat: 2.23g (13.95%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 23.7g (8.62%), Sugar: 4.45g (4.95%), Cholesterol: 54.1mg (18.03%), Sodium: 653.89mg (28.43%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.36g (28.73%), Folate: 249.86µg (62.46%), Manganese: 0.64mg (31.89%), Fiber: 7.71g (30.85%), Phosphorus: 260.54mg (26.05%), Vitamin B1: 0.31mg (20.55%), Iron: 3.66mg (20.32%), Magnesium: 69.84mg (17.46%), Selenium: 11.94µg (17.05%), Copper: 0.34mg (17%), Vitamin B2: 0.23mg (13.77%), Zinc: 2.02mg (13.46%), Calcium: 123.97mg (12.4%), Potassium: 394.22mg (11.26%), Vitamin B6: 0.16mg (8.12%), Vitamin B5: 0.73mg (7.28%), Vitamin B3: 1.06mg (5.31%), Vitamin E: 0.73mg (4.86%), Vitamin B12: 0.24µg (4.07%), Vitamin A: 182.16IU (3.64%), Vitamin K: 3.8µg (3.62%), Vitamin D: 0.29µg (1.95%), Vitamin C: 0.92mg (1.11%)