



WHATSheATE



Cheesy bean & sweetcorn cakes with quick salsa



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



361 kcal

Ingredients

- ☐ 400 g bean in water mixed drained canned
- ☐ 400 g chickpea drained canned
- ☐ 50 g mature cheddar grated
- ☐ 198 g sweetcorn drained canned
- ☐ 8 jalapeno chilli from a jar finely chopped
- ☐ 1 eggs beaten
- ☐ 1 small handful coriander chopped
- ☐ 2 tbsp vegetable oil

- ☐ 10 cherry tomatoes quartered
- ☐ 0.5 onion red sliced
- ☐ 0.5 juice of lime

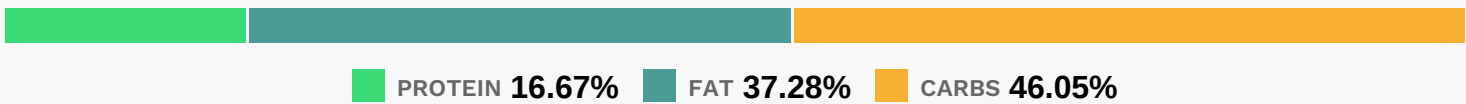
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Put the beans and chickpeas in the bowl of a food processor and blend until smooth. Tip into a bowl and add the cheese, sweetcorn, jalapeos, egg and half the coriander. Season, mix well to combine, then shape into 8 patties.
- ☐ Heat the oil in a large frying pan and cook the patties for 4 mins on each side you may have to do this in batches. Keep them warm in the oven as you go.
- ☐ Mix the tomatoes, onion, remaining coriander and lime juice with a little salt.
- ☐ Serve the cakes with salsa and salad leaves, if you like.

Nutrition Facts



Properties

Glycemic Index:49.81, Glycemic Load:10.91, Inflammation Score:-8, Nutrition Score:22.055217390475%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 360.8kcal (18.04%), Fat: 15.6g (24%), Saturated Fat: 4.19g (26.16%), Carbohydrates: 43.35g (14.45%), Net Carbohydrates: 33.2g (12.07%), Sugar: 10g (11.11%), Cholesterol: 53.42mg (17.81%), Sodium: 116.46mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.69g (31.39%), Manganese: 1.21mg (60.57%), Vitamin C: 49.33mg (59.8%), Folate: 207.87µg (51.97%), Fiber: 10.15g (40.59%), Phosphorus: 309.32mg (30.93%), Vitamin K: 26.58µg (25.32%), Copper: 0.46mg (22.88%), Iron: 3.74mg (20.75%), Vitamin B6: 0.41mg (20.27%), Magnesium: 76.53mg (19.13%), Vitamin A: 921.13IU (18.42%), Potassium: 615.48mg (17.59%), Zinc: 2.58mg (17.18%), Vitamin E: 2.44mg (16.24%), Calcium: 160.41mg (16.04%), Selenium: 11.12µg (15.89%), Vitamin B1: 0.2mg (13.63%), Vitamin B2: 0.23mg (13.62%), Vitamin B5: 1.07mg (10.69%), Vitamin B3: 1.99mg (9.95%), Vitamin B12: 0.23µg (3.84%), Vitamin D: 0.29µg (1.97%)