



WHATSheATE



Chipotle Sweet Potato and Black Bean Quinoa Cakes with Creamy Avocado Sauce



Vegetarian



Dairy Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



221 kcal

Ingredients



1 cup bread crumbs



15 ounce black beans rinsed drained canned



1 tablespoon chipotle chill powder to taste



1 handful cilantro leaves chopped



0.5 cup quinoa cooked uncooked



1 teaspoon cumin toasted



2 eggs



2 cloves garlic chopped

- ☐ 2 green onions sliced
- ☐ 6 servings salt and pepper to taste
- ☐ 2 cups sweet potatoes and into grated

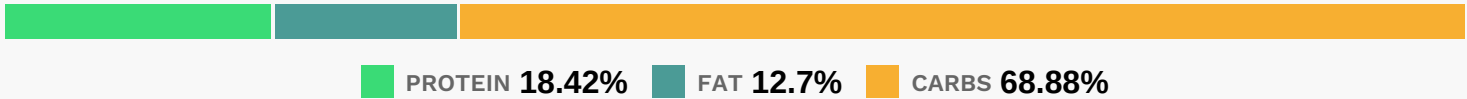
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Mash half of the beans in a large bowl, mix in the rest of the beans, sweet potato, quinoa, cumin, chill powder, salt, pepper, garlic, green onions, cilantro, egg and bread crumbs. Form the mixture into patties about 3/4 inch thick and place on a lightly oils baking sheet.
- ☐ Bake in a preheated 400F oven until lightly golden brown on both sides, about 8–12 minutes per side.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:6.07, Inflammation Score:-10, Nutrition Score:17.447826136713%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 221.13kcal (11.06%), Fat: 3.15g (4.85%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 38.46g (12.82%), Net Carbohydrates: 30.36g (11.04%), Sugar: 3.37g (3.74%), Cholesterol: 54.56mg (18.19%), Sodium: 667.54mg (29.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.29g (20.58%), Vitamin A: 6856.9IU (137.14%), Fiber: 8.1g (32.42%), Manganese: 0.61mg (30.33%), Vitamin B1: 0.34mg (22.69%), Folate: 84.15µg (21.04%), Iron: 3.51mg (19.52%), Phosphorus: 188.55mg (18.85%), Vitamin B2: 0.29mg (16.92%), Selenium: 11.12µg (15.89%), Copper: 0.31mg (15.66%), Magnesium: 59.69mg (14.92%), Potassium: 500.25mg (14.29%), Vitamin K: 13.82µg (13.16%), Vitamin B6:

0.24mg (12.13%), Vitamin B3: 2.16mg (10.8%), Calcium: 94.64mg (9.46%), Vitamin B5: 0.83mg (8.34%), Zinc: 1.24mg (8.26%), Vitamin E: 0.94mg (6.27%), Vitamin C: 4.26mg (5.16%), Vitamin B12: 0.19µg (3.23%), Vitamin D: 0.29µg (1.96%)