



Cuban Black Bean Patties with Pineapple Rice

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon bottled garlic minced
- 2 teaspoons butter
- 2 cups black beans canned divided rinsed drained (1 [15-ounce] can)
- 0.3 cup cornmeal
- 1 large egg whites
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 teaspoon ground cumin
- 0.3 cup cream sour reduced-fat

- 2 ounces monterrey jack cheese shredded with jalapeño peppers
- 1 cup pineapple fresh diced
- 0.3 cup onion red chopped
- 3.5 ounce rice long-grain
- 0.1 teaspoon salt
- 0.3 teaspoon salt

Equipment

- food processor
- bowl
- frying pan
- paper towels

Directions

- To prepare rice, cook rice according to package directions, omitting salt and fat.
- Drain; place rice in a large bowl. Melt butter in a nonstick skillet over medium-high heat.
- Add pineapple; saut 4 minutes or just until pineapple begins to brown.
- Add pineapple mixture, cilantro, and 1/4 teaspoon salt to rice in bowl; cover and keep warm. Wipe pan clean with paper towels.
- To prepare patties, place 1 1/2 cups beans, garlic, cumin, and 1/8 teaspoon salt in a bowl; partially mash with a fork.
- Place 1/2 cup remaining beans and egg white in a food processor; process 30 seconds or until well combined.
- Add bean puree to mashed beans in bowl, and stir until combined.
- Add cheese and onion to bean mixture; stir until combined. Divide bean mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty.
- Place cornmeal in a shallow dish. Dredge both sides of each patty in cornmeal.
- Heat pan over medium-high heat. Coat pan with cooking spray.
- Add patties; cook 3 minutes on each side or until browned. Spoon about 1/2 cup rice onto each of 4 plates; top each serving with 1 patty and 1 tablespoon sour cream.

Nutrition Facts

PROTEIN 16.04% FAT 24.42% CARBS 59.54%

Properties

Glycemic Index:89.84, Glycemic Load:19.38, Inflammation Score:-5, Nutrition Score:13.621304263239%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 327.67kcal (16.38%), Fat: 8.95g (13.77%), Saturated Fat: 5.16g (32.28%), Carbohydrates: 49.1g (16.37%), Net Carbohydrates: 41.13g (14.96%), Sugar: 4.85g (5.38%), Cholesterol: 23.02mg (7.67%), Sodium: 677.86mg (29.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.23g (26.46%), Manganese: 0.95mg (47.39%), Fiber: 7.97g (31.88%), Vitamin C: 23.17mg (28.08%), Phosphorus: 226.62mg (22.66%), Folate: 71.84µg (17.96%), Calcium: 175.06mg (17.51%), Copper: 0.31mg (15.27%), Magnesium: 59.78mg (14.94%), Vitamin B2: 0.25mg (14.8%), Vitamin B1: 0.22mg (14.35%), Selenium: 9.82µg (14.04%), Iron: 2.49mg (13.82%), Potassium: 446.8mg (12.77%), Vitamin B6: 0.23mg (11.4%), Zinc: 1.63mg (10.84%), Vitamin B3: 1.44mg (7.19%), Vitamin B5: 0.62mg (6.22%), Vitamin A: 261.33IU (5.23%), Vitamin B12: 0.19µg (3.16%), Vitamin K: 1.61µg (1.54%), Vitamin E: 0.22mg (1.48%)