



## Mini Black Bean Cakes with Carnitas and Avocado

 Dairy Free

READY IN



180 min.

SERVINGS



24

CALORIES



130 kcal

### Ingredients

- 2 medium avocado
- 0.5 bay leaves
- 0.5 cup breadcrumbs fine
- 30 ounce black beans drained and rinsed canned
- 1.5 teaspoons coriander seeds
- 1.5 teaspoons marjoram dried
- 1 large eggs
- 0.3 cup cilantro leaves fresh coarsely chopped

- 2 medium garlic clove finely chopped
- 0.5 cup cornmeal yellow finely
- 1 tablespoon hot sauce such as cholula or tapatio mexican-style
- 24 servings kosher salt
- 1 tablespoon juice of lime freshly squeezed (from 1 medium lime)
- 0.5 cup onion white
- 1.5 pounds pork shoulder boneless shoulder or country-style cut into 2-inch chunks (do not trim the fat)
- 0.5 cup vegetable oil

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- spatula
- cheesecloth
- kitchen twine

## Directions

- Place the garlic, coriander, and bay leaf in a small piece of cheesecloth and tie it tightly with kitchen twine.
- Place the bundle in a medium heavy-bottomed saucepan along with the onion, marjoram, and salt. Arrange the pork in a single layer and add enough water to just cover the meat. Bring to a simmer over medium heat. Skim and discard any foam that floats to the surface using a large spoon. Reduce the heat to medium low and simmer, skimming the surface and turning the pork pieces occasionally, until the meat is tender and just beginning to shred apart, about 1 1/2 hours. (You may need to adjust the heat to low to keep it at a simmer.)

- Remove and discard the herb packet and onion halves. Increase the heat to medium high and cook until the remaining water evaporates and just the rendered fat coats the bottom of the pan. Reduce the heat to low and let the meat fry in the fat, turning occasionally, until browned all over, about 10 minutes. Meanwhile, heat the oven to 300°F and arrange a rack in the middle.
- Place the cornmeal in a shallow dish and set aside. Set a baking sheet aside.
- Place the beans, garlic, egg, breadcrumbs, cilantro, onion, hot sauce, and salt in a food processor fitted with a blade attachment. Pulse until the ingredients are incorporated and the beans are broken down but some whole beans remain, about 15 (1-second) pulses, stopping the processor and scraping down the sides of the bowl with a rubber spatula as needed. Scoop the bean mixture into your hands 1 heaping tablespoon at a time and form it into 24 (2-inch-wide) patties. Coat the patties all over with the cornmeal and place them on the reserved baking sheet.
- Heat 1/4 cup of the oil in a large frying pan over medium-high heat until shimmering, about 4 minutes.
- Place 8 of the patties in the pan and fry until golden brown and heated through, adjusting the heat as necessary, about 3 minutes per side. Return the fried patties to the baking sheet and repeat with the remaining patties, adding the remaining oil to the pan as needed between batches.
- Place the baking sheet in the oven to keep warm. To assemble: Halve and pit the avocados and scoop the flesh into a medium bowl.
- Add the lime juice, season with salt, and coarsely mash with a fork until only a few medium-sized chunks remain; set aside.
- Remove the black bean cakes and carnitas from the oven. Divide all of the avocado mixture among the black bean cakes and top with the carnitas (you may have some left over).
- Garnish with the cilantro and serve immediately.

## Nutrition Facts



**PROTEIN 29.86%** **FAT 34.04%** **CARBS 36.1%**

## Properties

Glycemic Index:8.23, Glycemic Load:1.66, Inflammation Score:-3, Nutrition Score:8.3160869880863%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

## **Nutrients (% of daily need)**

Calories: 130.02kcal (6.5%), Fat: 4.98g (7.66%), Saturated Fat: 0.96g (5.98%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 7.78g (2.83%), Sugar: 0.47g (0.52%), Cholesterol: 24.76mg (8.25%), Sodium: 380.54mg (16.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.66%), Vitamin B1: 0.28mg (18.6%), Vitamin B3: 3.48mg (17.39%), Fiber: 4.11g (16.42%), Vitamin B6: 0.3mg (15.08%), Selenium: 9.34µg (13.34%), Vitamin B2: 0.22mg (12.95%), Phosphorus: 129.3mg (12.93%), Folate: 40.56µg (10.14%), Potassium: 325.47mg (9.3%), Manganese: 0.17mg (8.29%), Magnesium: 30.35mg (7.59%), Iron: 1.31mg (7.26%), Copper: 0.14mg (7.04%), Zinc: 1.03mg (6.87%), Vitamin B5: 0.65mg (6.48%), Vitamin K: 5.94µg (5.66%), Vitamin B12: 0.27µg (4.55%), Vitamin C: 3.62mg (4.39%), Vitamin E: 0.49mg (3.25%), Calcium: 24.49mg (2.45%), Vitamin A: 50.28IU (1.01%)