



Mini Black Bean Cakes with Green Onion Cream and Avocado Salsa

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



178 kcal

Ingredients

- ☐ 0.3 cup avocado diced peeled
- ☐ 38 ounce seasoned black beans rinsed drained canned such as La Costeña
- ☐ 1 cup breadcrumbs dry divided
- ☐ 0.3 cup green onions thinly sliced
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon juice of lime fresh
- ☐ 0.5 cup heavy whipping cream sour reduced-fat
- ☐ 0.3 cup plum tomatoes diced

- ☐ 0.5 cup bottled salsa
- ☐ 0.5 teaspoon salt

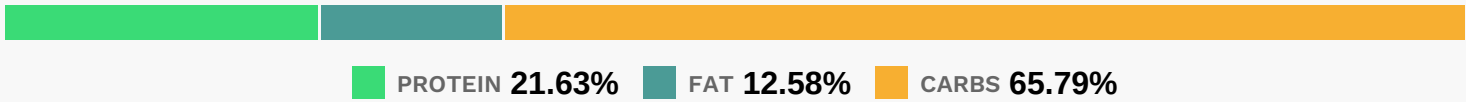
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ To prepare cakes, combine first 3 ingredients in a food processor; process until smooth. Stir in 1/2 cup breadcrumbs, 1/4 cup green onions, and salt.
- ☐ Divide mixture into 24 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place 1/2 cup breadcrumbs in a shallow dish. Dredge patties in breadcrumbs.
- ☐ Place patties on a baking sheet coated with cooking spray.
- ☐ Bake at 375 for 14 minutes, turning after 7 minutes.
- ☐ To prepare toppings, combine sour cream and 1/4 cup green onions in a small bowl.
- ☐ Combine avocado, tomato, and juice in a small bowl. Top each patty with 1 teaspoon green onion cream and 1 teaspoon avocado salsa.

Nutrition Facts



Properties

Glycemic Index:12.08, Glycemic Load:4.15, Inflammation Score:-6, Nutrition Score:10.81304359436%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg,

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 178.13kcal (8.91%), Fat: 2.55g (3.92%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 29.97g (9.99%), Net Carbohydrates: 21.2g (7.71%), Sugar: 1.21g (1.34%), Cholesterol: 3.35mg (1.12%), Sodium: 244.06mg (10.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.7%), Folate: 149.56µg (37.39%), Fiber: 8.77g (35.08%), Manganese: 0.52mg (25.92%), Vitamin B1: 0.32mg (21.4%), Magnesium: 72.42mg (18.1%), Phosphorus: 156.1mg (15.61%), Iron: 2.66mg (14.75%), Potassium: 423.66mg (12.1%), Copper: 0.23mg (11.64%), Zinc: 1.26mg (8.39%), Vitamin B2: 0.11mg (6.59%), Vitamin B3: 1.29mg (6.44%), Calcium: 62.84mg (6.28%), Vitamin K: 6.48µg (6.17%), Vitamin B6: 0.11mg (5.43%), Selenium: 3.78µg (5.4%), Vitamin B5: 0.34mg (3.39%), Vitamin A: 159.65IU (3.19%), Vitamin C: 1.82mg (2.21%), Vitamin E: 0.28mg (1.89%), Vitamin B12: 0.07µg (1.2%)