



Potato-Black Bean Cakes with Tropical Dressing Over Greens

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



230 kcal

Ingredients

- ☐ 2 cups baking potato shredded peeled
- ☐ 3 tablespoons brown sugar
- ☐ 15 ounce black beans drained canned
- ☐ 2 bacon crumbled cooked
- ☐ 1 large egg white
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon jalapeno minced seeded
- ☐ 1 tablespoon juice of lime fresh

- ☐ 0.3 cup milk 2% reduced-fat
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped
- ☐ 0.5 cup onion finely chopped
- ☐ 1 tablespoon pecans toasted chopped
- ☐ 1 cup pineapple juice
- ☐ 2 tablespoons rum white
- ☐ 6 cups gourmet salad greens
- ☐ 0.5 teaspoon salt

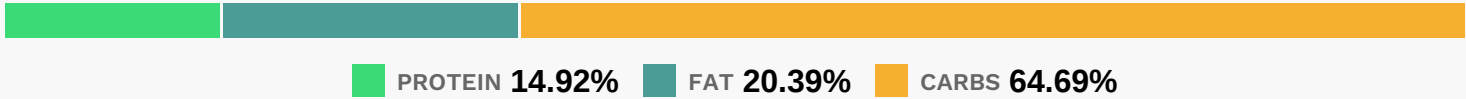
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ To prepare potato cakes, heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add 1/4 cup onion, chile, and garlic; saut 3 minutes.
- ☐ Combine onion mixture, milk, salt, beans, and egg white in a food processor; process until smooth, scraping sides of bowl once. Stir in potato.
- ☐ Place skillet coated with cooking spray over medium-high heat until hot. Spoon 1 tablespoon potato mixture per cake into pan, spreading each to form a 2-inch circle; cook 2 minutes or until lightly browned. Carefully turn cake over; cook 2 minutes on other side. Repeat procedure with the remaining potato mixture. Keep cakes warm.
- ☐ To prepare dressing, combine pineapple juice and next 4 ingredients (pineapple juice through lime juice) in a saucepan; bring to a boil. Reduce heat; simmer 5 minutes. Stir in pecans and bacon.
- ☐ Arrange 1 cup salad greens on each of 6 plates. Arrange 4 potato cakes around greens.
- ☐ Drizzle 1/4 cup warm dressing over each serving.

Nutrition Facts



Properties

Glycemic Index:39.96, Glycemic Load:9.86, Inflammation Score:-7, Nutrition Score:11.741739120496%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 229.79kcal (11.49%), Fat: 5.09g (7.84%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 36.36g (12.12%), Net Carbohydrates: 30.13g (10.96%), Sugar: 11.81g (13.13%), Cholesterol: 3.69mg (1.23%), Sodium: 542.68mg (23.59%), Alcohol: 1.67g (100%), Alcohol %: 0.81% (100%), Protein: 8.39g (16.77%), Manganese: 0.62mg (31.16%), Vitamin C: 21.51mg (26.08%), Fiber: 6.23g (24.92%), Folate: 78.05µg (19.51%), Potassium: 643.98mg (18.4%), Vitamin B6: 0.35mg (17.6%), Phosphorus: 158.98mg (15.9%), Vitamin B1: 0.22mg (14.58%), Copper: 0.28mg (13.84%), Magnesium: 53.73mg (13.43%), Iron: 2.36mg (13.1%), Vitamin B2: 0.2mg (11.48%), Vitamin A: 499.78IU (10%), Vitamin B3: 1.65mg (8.24%), Calcium: 70.45mg (7.04%), Selenium: 4.42µg (6.31%), Zinc: 0.93mg (6.19%), Vitamin B5: 0.5mg (4.96%), Vitamin K: 2.9µg (2.76%), Vitamin E: 0.41mg (2.76%), Vitamin B12: 0.1µg (1.73%)