



HEALTH SCORE

100%

Red Bean and Rice Cakes



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



217 kcal

Ingredients

- ☐ 1 cup all-bran cereal
- ☐ 1 tablespoon chili powder
- ☐ 1 egg whites beaten
- ☐ 0.3 cup bell pepper diced green
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 0.3 cup onion finely chopped
- ☐ 30 oz kidney beans dark red rinsed drained canned
- ☐ 0.5 cup rice long-grain white uncooked

- ☐ 8 servings the salad
- ☐ 0.5 cup salsa thick
- ☐ 1 cup water

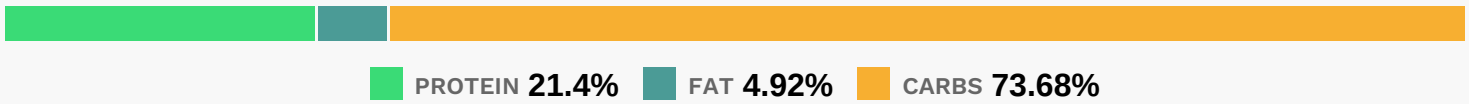
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ potato masher
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Cook rice in water as directed on package. Meanwhile, place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor).
- ☐ In large bowl, place beans; mash with potato masher or fork. Stir in onion, bell pepper, cooked rice, egg, chili powder, cumin, red pepper and 2 tablespoons of the cereal. Shape into 8 patties; coat patties completely with remaining cereal.
- ☐ Spray 10-inch skillet with cooking spray. Cook 4 patties in skillet over medium heat about 10 minutes, turning once, until brown.
- ☐ Remove patties from skillet. Cover and keep warm while cooking remaining patties.
- ☐ Serve patties on salad greens; top with salsa.

Nutrition Facts



Properties

Glycemic Index:26.39, Glycemic Load:12.37, Inflammation Score:-9, Nutrition Score:23.112608671188%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 217.24kcal (10.86%), Fat: 1.28g (1.96%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 42.97g (14.32%), Net Carbohydrates: 31.83g (11.58%), Sugar: 2.62g (2.92%), Cholesterol: 0mg (0%), Sodium: 164.58mg (7.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.48g (24.96%), Manganese: 1.32mg (66.17%), Folate: 258.04µg (64.51%), Vitamin B6: 1.18mg (58.87%), Fiber: 11.14g (44.54%), Iron: 5.28mg (29.31%), Phosphorus: 281.56mg (28.16%), Vitamin B1: 0.38mg (25.41%), Vitamin B12: 1.46µg (24.34%), Magnesium: 89.8mg (22.45%), Copper: 0.42mg (20.84%), Vitamin A: 1010.8IU (20.22%), Vitamin C: 16.6mg (20.12%), Vitamin B2: 0.33mg (19.56%), Potassium: 678.29mg (19.38%), Zinc: 2.42mg (16.11%), Vitamin B3: 2.51mg (12.57%), Vitamin K: 11.51µg (10.96%), Calcium: 81.39mg (8.14%), Selenium: 5.05µg (7.22%), Vitamin B5: 0.54mg (5.41%), Vitamin E: 0.76mg (5.08%), Vitamin D: 0.33µg (2.22%)