



 **100%**  
HEALTH SCORE

## Red Bean and Rice Cakes

 Vegetarian  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



211 kcal

### Ingredients

- 1 cup all-bran cereal fiber one®
- 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 progresso® canned
- 0.5 cup rice long-grain white uncooked

- 0.5 cup salsa thick old el paso®
- 1 cup water

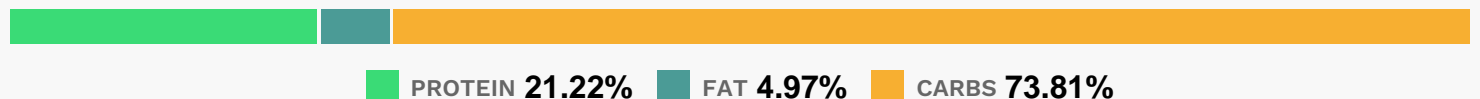
## Equipment

- 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:-8, Nutrition Score:21.353043608044%

## 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: 210.84kcal (10.54%), Fat: 1.25g (1.92%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 41.68g (13.89%), Net  
Carbohydrates: 30.55g (11.11%), Sugar: 2.62g (2.92%), Cholesterol: 0mg (0%), Sodium: 154.18mg (6.7%), Alcohol: 0g  
(100%), Alcohol %: 0% (100%), Protein: 11.98g (23.96%), Manganese: 1.26mg (63.23%), Folate: 243.24µg (60.81%),  
Vitamin B6: 1.15mg (57.27%), Fiber: 11.14g (44.54%), Iron: 5.02mg (27.91%), Phosphorus: 265.96mg (26.6%), Vitamin  
B1: 0.37mg (24.61%), Vitamin B12: 1.46µg (24.34%), Magnesium: 85.4mg (21.35%), Copper: 0.4mg (19.84%), Vitamin  
B2: 0.31mg (18.38%), Potassium: 609.49mg (17.41%), Zinc: 2.33mg (15.55%), Vitamin B3: 2.29mg (11.47%), Vitamin A:  
556.4IU (11.13%), Vitamin K: 11.51µg (10.96%), Vitamin C: 7.32mg (8.88%), Calcium: 76.19mg (7.62%), Selenium:  
4.89µg (6.99%), Vitamin E: 0.76mg (5.08%), Vitamin B5: 0.49mg (4.93%), Vitamin D: 0.33µg (2.22%)