



 **100%**
HEALTH SCORE

Red Bean and Rice Cakes

 Vegetarian  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

Ingredients

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

- 0.3 teaspoon ground pepper red (cayenne)
- 1 serving the salad
- 0.5 cup salsa thick

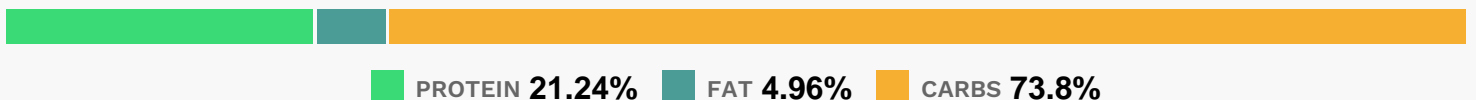
Equipment

- 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:21.572173937507%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg 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: 211.64kcal (10.58%), Fat: 1.25g (1.92%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 41.84g (13.95%), Net Carbohydrates: 30.71g (11.17%), Sugar: 2.62g (2.92%), Cholesterol: 0mg (0%), Sodium: 155.48mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.09%), Manganese: 1.27mg (63.6%), Folate: 245.09µg (61.27%), Vitamin B6: 1.15mg (57.47%), Fiber: 11.14g (44.54%), Iron: 5.05mg (28.08%), Phosphorus: 267.91mg (26.79%), Vitamin B1: 0.37mg (24.71%), Vitamin B12: 1.46µg (24.34%), Magnesium: 85.95mg (21.49%), Copper: 0.4mg (19.97%), Vitamin B2: 0.31mg (18.53%), Potassium: 618.09mg (17.66%), Zinc: 2.34mg (15.62%), Vitamin A: 613.2IU (12.26%), Vitamin B3: 2.32mg (11.6%), Vitamin K: 11.51µg (10.96%), Vitamin C: 8.48mg (10.28%), Calcium: 76.84mg (7.68%), Selenium: 4.91µg (7.02%), Vitamin E: 0.76mg (5.08%), Vitamin B5: 0.5mg (4.99%), Vitamin D: 0.33µg (2.22%)