



Refried Bean Cakes



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



50 kcal

Ingredients

- ☐ 15 ounces refried black beans
- ☐ 2 tbsp cornmeal
- ☐ 0.5 cup bread crumbs whole wheat

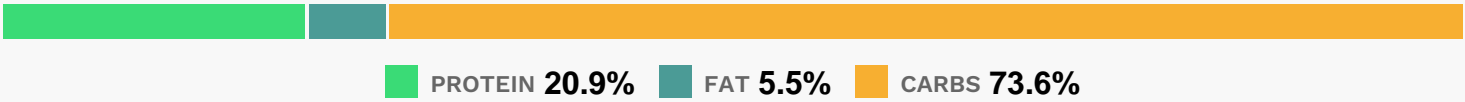
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐
- Preheat oven to 350 F. Grease a cookie sheet or line with parchment paper and set aside.
- ☐
- Mix all ingredients together in a large bowl using clean hands.
- ☐
- Add extra cornmeal of whole wheat flour if the mixture is very sticky. Wash and completely dry hands. Lightly flour hands and pick off wall-nut sized balls of the mixture.
- ☐
- Roll into a ball in your hands and place ball on cookie sheet. Use your palm to flatten into a patty. Repeat, yielding 16–18 cakes.
- ☐
- Bake for 15 minutes, or until firm.
- Nutritional Information
- Amount Per Serving
- Calories
- Fat
- 70g
- Carbohydrate
- gDietary Fiber1.40gSugars NA Protein1.60g

Nutrition Facts



Properties

Glycemic Index:6.16, Glycemic Load:1.74, Inflammation Score:-2, Nutrition Score:2.5886956503534%

Nutrients (% of daily need)

Calories: 50.18kcal (2.51%), Fat: 0.33g (0.51%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 7.15g (2.6%), Sugar: 0.13g (0.15%), Cholesterol: 0mg (0%), Sodium: 18.32mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Fiber: 2.77g (11.07%), Folate: 40.03µg (10.01%), Manganese: 0.13mg (6.3%), Magnesium: 19.94mg (4.99%), Iron: 0.83mg (4.62%), Vitamin B1: 0.07mg (4.57%), Phosphorus: 40.02mg (4%), Copper: 0.06mg (2.93%), Potassium: 98.38mg (2.81%), Zinc: 0.34mg (2.24%), Vitamin B6: 0.03mg (1.29%)