



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
- 1 tsp lime zest
- 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 or whole wheat flour if the mixture is very sticky. Wash and completely dry hands. Lightly flour hands and pick off walnut 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:8.16, Glycemic Load:1.74, Inflammation Score:-2, Nutrition Score:2.5917391386693%

Flavonoids

Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg

Nutrients (% of daily need)

Calories: 50.21kcal (2.51%), Fat: 0.33g (0.51%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 7.16g (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 (11.08%), Folate: 40.04µg (10.01%), Manganese: 0.13mg (6.3%), Magnesium: 19.95mg (4.99%), Iron: 0.83mg (4.63%), Vitamin B1: 0.07mg (4.58%), Phosphorus: 40.04mg (4%), Copper: 0.06mg (2.93%), Potassium: 98.5mg (2.81%), Zinc: 0.34mg (2.24%), Vitamin B6: 0.03mg (1.29%)