



Spicy Black Bean Cakes

 Vegetarian

READY IN



35 min.

SERVINGS



8

CALORIES



217 kcal

Ingredients

- 0.5 cup breadcrumbs dried plain
- 29 ounce black beans drained and rinsed canned
- 1 eggs lightly beaten
- 6 cloves garlic pressed
- 4 spring onion thinly sliced
- 1 tablespoon ground cumin
- 1 small jalapeno fresh minced
- 2 jalapeno fresh diced finely
- 2 teaspoons juice of lime fresh

- 2 tablespoons olive oil divided
- 0.5 cup cream sour
- 8 servings salt to taste
- 8 servings salt and pepper black to taste
- 2 cups sweet potatoes and into raw grated

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- To prepare lime sour cream, mix the sour cream, lime juice, 1 small minced jalapeno, and salt together in a small bowl. Cover, and refrigerate.
- Heat 1 tablespoon olive oil in a small skillet over medium heat. Cook green onions until softened, about 1 minute. Stir in garlic, 2 diced jalapenos, and cumin; cook until fragrant, about 30 seconds.
- Transfer contents of skillet to a large bowl. Stir in black beans, and mash with a fork. Season with salt and pepper to taste.
- Mix in sweet potatoes, egg, and bread crumbs. Divide into 8 balls, and flatten into patties.
- In the oven, set cooking rack about 4 inches from heat source. Set oven to broil. Lightly grease baking sheet with 1 tablespoon oil.
- Place bean patties on baking sheet, and broil 8 to 10 minutes. Turn cakes over, and broil until crispy, about 3 minutes more.
- Serve with lime sour cream.

Nutrition Facts



PROTEIN 16.73% FAT 26.15% CARBS 57.12%

Properties

Glycemic Index:23.63, Glycemic Load:3.68, Inflammation Score:-10, Nutrition Score:16.321739090526%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 217.05kcal (10.85%), Fat: 6.43g (9.89%), Saturated Fat: 1.79g (11.18%), Carbohydrates: 31.59g (10.53%), Net Carbohydrates: 22.76g (8.28%), Sugar: 2.28g (2.53%), Cholesterol: 25.49mg (8.5%), Sodium: 872.5mg (37.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.51%), Vitamin A: 4924.91IU (98.5%), Fiber: 8.83g (35.3%), Manganese: 0.47mg (23.37%), Folate: 83.26µg (20.81%), Iron: 3.25mg (18.05%), Vitamin B1: 0.26mg (17.2%), Phosphorus: 169.79mg (16.98%), Vitamin K: 16.72µg (15.92%), Potassium: 533.46mg (15.24%), Vitamin C: 12.19mg (14.78%), Copper: 0.29mg (14.61%), Magnesium: 54.69mg (13.67%), Vitamin B2: 0.23mg (13.34%), Vitamin B6: 0.2mg (10.19%), Calcium: 98.1mg (9.81%), Selenium: 5.79µg (8.27%), Vitamin B3: 1.43mg (7.17%), Zinc: 0.99mg (6.6%), Vitamin E: 0.95mg (6.31%), Vitamin B5: 0.61mg (6.13%), Vitamin B12: 0.13µg (2.22%)