



# Spicy, Smoky Bean Cakes with Lime Slaw and Charred Avocado

 Vegetarian  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



2

CALORIES



899 kcal

## Ingredients

- 1 avocado
- 15 ounce black beans drained and rinsed canned
- 15 ounce pinto beans drained and rinsed canned
- 1 chipotles in adobo whole finely chopped (2 to 3 tablespoons total)
- 0.5 cup flour
- 0.3 cup cilantro leaves fresh divided chopped
- 2 medium cloves garlic chopped
- 3 cups cabbage shredded white green

- 1 jalapeno divided seeded finely chopped
- 3 lime divided
- 1 tablespoon mayonnaise (or Vegenaïse to keep it vegan)
- 2 servings olive oil for drizzling
- 0.5 bell pepper red roughly chopped
- 5 spring onion divided finely sliced chopped

## Equipment

- food processor
- bowl
- baking sheet
- oven

## Directions

- Preheat the oven to 475°F. In large bowl, stir together the cabbage, half the cilantro, half the scallions, half the jalapeno, the juice and zest of 2 limes, mayonnaise, and salt to taste. Set aside.
- In the food processor, combine the remaining cilantro, scallions, jalapeno, garlic, and bell pepper and pulse until finely chopped, about 8 to 10 short pulses.
- Add the juice and zest of the remaining lime and season with salt. Pulse in the beans and chipotle until you have a homogenous mixture.
- Add the flour and pulse to combine. Divide mixture into 6 even portions and form into 4-inch patties.
- Line a rimmed baking sheet with parchment, and lightly drizzle the bottom with olive oil.
- Place patties on the baking sheet, and lightly flatten.
- Drizzle lightly with olive oil.
- Bake until crisp and golden brown, about 25 minutes.
- Serve with the slaw, and some sliced ripe avocado and/or crumbled cheese and cilantro over the top.

## Nutrition Facts

PROTEIN 13.13% FAT 34.79% CARBS 52.08%

## Properties

Glycemic Index:222, Glycemic Load:33.33, Inflammation Score:-10, Nutrition Score:49.900869389591%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Hesperetin: 43.22mg, Hesperetin: 43.22mg, Hesperetin: 43.22mg Naringenin: 3.42mg, Naringenin: 3.42mg, Naringenin: 3.42mg, Naringenin: 3.42mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

## Nutrients (% of daily need)

Calories: 899.44kcal (44.97%), Fat: 36.63g (56.35%), Saturated Fat: 5.44g (34.02%), Carbohydrates: 123.36g (41.12%), Net Carbohydrates: 83.42g (30.33%), Sugar: 10.8g (12%), Cholesterol: 2.94mg (0.98%), Sodium: 1467.3mg (63.8%), Alcohol: Og (100%), Protein: 31.1g (62.19%), Vitamin K: 197.01µg (187.63%), Vitamin C: 138.45mg (167.82%), Fiber: 39.94g (159.75%), Folate: 408.97µg (102.24%), Manganese: 1.85mg (92.53%), Potassium: 2230.5mg (63.73%), Iron: 11.21mg (62.3%), Phosphorus: 584.32mg (58.43%), Vitamin B1: 0.86mg (57.23%), Copper: 1.12mg (56.09%), Magnesium: 211.19mg (52.8%), Vitamin E: 6.87mg (45.82%), Vitamin B6: 0.89mg (44.73%), Vitamin B2: 0.7mg (41.08%), Vitamin A: 1754.57IU (35.09%), Vitamin B3: 6.51mg (32.55%), Calcium: 298.25mg (29.83%), Vitamin B5: 2.83mg (28.34%), Zinc: 3.76mg (25.05%), Selenium: 15.32µg (21.89%)