



Achiote-Potato Croquettes

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons achiote paste smoked
- ☐ 2 cups arugula
- ☐ 1 clove garlic minced
- ☐ 2 limes halved
- ☐ 0.3 cup olive oil divided
- ☐ 0.5 cup onion finely minced
- ☐ 1 teaspoon salt
- ☐ 6 servings salt and pepper black freshly ground

- ☐ 4 ounces mozzarella cheese shredded
- ☐ 1.5 pounds yukon gold potatoes

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ potato masher

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the potatoes in a heavy medium pot and cover with cold water. Stir in the salt and bring to a boil over high heat. Reduce the heat to medium and simmer until very tender, about 30 minutes.
- ☐ While the potatoes simmer, heat 1 tablespoon of olive oil in heavy large skillet over medium heat.
- ☐ Add the onions and cook until softened, about 4 minutes.
- ☐ Add the garlic and cook until fragrant, about 2 minutes.
- ☐ Add the achiote paste or smoked paprika, if using, mix well until combined, and remove from the heat. Set aside.
- ☐ Drain the potatoes, cool until able to handle, and peel. Mash them in a large bowl with a fork or potato masher.
- ☐ Add the mozzarella cheese and onion mixture and stir to combine. Season with salt and pepper, to taste. Divide the mixture into 8 balls and flatten them into 3-inch patties.
- ☐ Heat 2 tablespoons olive oil in a 12-inch nonstick skillet over medium-heat until hot. Fry the croquettes in 2 batches, turning over once, until a crust forms.
- ☐ Drain on paper towels. Carefully transfer the croquettes to a platter. Top with the arugula and drizzle with the remaining 1 tablespoon olive oil. Squeeze lime juice on top and sprinkle with salt and pepper.

Nutrition Facts



 **PROTEIN 11.41%**  **FAT 48.94%**  **CARBS 39.65%**

Properties

Glycemic Index:46.46, Glycemic Load:15.56, Inflammation Score:-6, Nutrition Score:10.714347818623%

Flavonoids

Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 3.32mg, Kaempferol: 3.32mg, Kaempferol: 3.32mg, Kaempferol: 3.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 240.15kcal (12.01%), Fat: 13.52g (20.8%), Saturated Fat: 3.79g (23.68%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 20.93g (7.61%), Sugar: 2.23g (2.48%), Cholesterol: 14.93mg (4.98%), Sodium: 516.4mg (22.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Vitamin C: 30.99mg (37.56%), Vitamin B6: 0.39mg (19.64%), Potassium: 577.32mg (16.49%), Vitamin K: 16.17µg (15.4%), Fiber: 3.72g (14.89%), Phosphorus: 145.91mg (14.59%), Calcium: 133.36mg (13.34%), Manganese: 0.25mg (12.61%), Vitamin A: 628.62IU (12.57%), Vitamin E: 1.62mg (10.79%), Magnesium: 37.16mg (9.29%), Iron: 1.44mg (8%), Copper: 0.16mg (7.86%), Vitamin B1: 0.12mg (7.7%), Folate: 30.61µg (7.65%), Vitamin B12: 0.43µg (7.18%), Vitamin B3: 1.37mg (6.84%), Zinc: 1mg (6.64%), Vitamin B2: 0.11mg (6.62%), Selenium: 3.85µg (5.5%), Vitamin B5: 0.48mg (4.77%)