

Beginner's Quinoa Cakes

 Gluten Free

READY IN



60 min.

SERVINGS



2

CALORIES



525 kcal

Ingredients

- 2 servings chili powder
- 400 grams quinoa cooked
- 3 eggs
- 2 servings herbs italian
- 2 servings olive oil
- 30 grams parmesan
- 2 servings salt and pepper

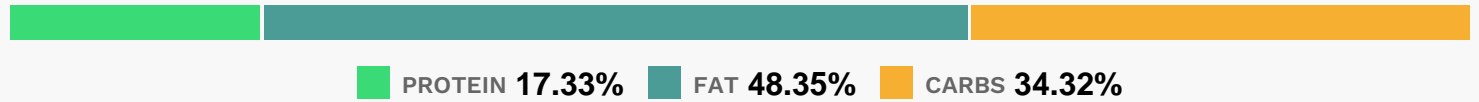
Equipment

- frying pan

Directions

- I made these the very first time I made quinoa. They reminded us of potato pancakes.
- Cook the quinoa according to package instructions.
- Mix the cooked quinoa with the eggs, Parmesan cheese, herbs, spices, salt, and pepper. Form patties.
- Heat olive oil in a large skillet until hot.
- Carefully place the patties in the hot oil. Do not attempt to flip them until they seem pretty browned on the bottom or they might fall apart.
- Cook until both sides are nicely browned.
- Serve with tomato sauce, fresh herbs, or whatever you like. This recipe serves 2 as a main dish or about 4 as a side dish (make the patties a bit smaller so you get 8 instead of 6).

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:19.75, Inflammation Score:-8, Nutrition Score:24.303912827826%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 525.23kcal (26.26%), Fat: 28.32g (43.57%), Saturated Fat: 6.99g (43.66%), Carbohydrates: 45.24g (15.08%), Net Carbohydrates: 38.52g (14.01%), Sugar: 2.29g (2.54%), Cholesterol: 255.72mg (85.24%), Sodium: 575.14mg (25.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.84g (45.68%), Manganese: 1.37mg (68.39%), Phosphorus: 546.26mg (54.63%), Selenium: 29.69µg (42.41%), Magnesium: 148.21mg (37.05%), Vitamin B2: 0.6mg (35.03%), Vitamin E: 4.95mg (32.98%), Folate: 119µg (29.75%), Iron: 5.05mg (28.07%), Calcium: 271.39mg (27.14%), Fiber: 6.72g (26.88%), Zinc: 3.56mg (23.72%), Copper: 0.46mg (23.14%), Vitamin A: 1093.56IU (21.87%), Vitamin B6: 0.42mg (21.21%), Vitamin B1: 0.25mg (16.87%), Vitamin K: 17.21µg (16.39%), Potassium: 500.66mg (14.3%), Vitamin B12: 0.77µg (12.79%), Vitamin B5: 1.11mg (11.07%), Vitamin D: 1.39µg (9.3%), Vitamin B3: 1.19mg (5.96%)