



Corned Beef Cakes

READY IN



45 min.

SERVINGS



3

CALORIES



621 kcal

Ingredients

- 2 cups breadcrumbs
- 3 servings chicken seasoning
- 1 can corned beef ribs
- 2 eggs
- 0.3 cup milk
- 3 servings cooking oil for deep frying
- 0.5 onion
- 1 Tablespoon parsley chopped
- 2 potatoes
- 1 scotch bonnet peppers

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Equipment

frying pan

whisk

Directions

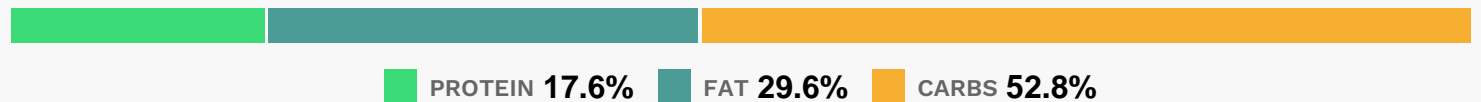
Wash, peel and boil your potatoes with a pinch of chicken seasoning

Mash the potatoes and set aside. Mash the corned beef and combine the potatoes, add the chopped onions, parsley, chopped pepper, seasoning and set aside.

Whisk the eggs with the milk and pour 3 tablespoons of the mix into the mashed corned beef and potato mix. Scoop a small portion of your mix and mould. Dip it in the egg mix and roll in the breadcrumbs and set aside. In a pan of hot oil, deep fry the corned beef cakes till golden brown. P:S –

Place the cakes in gently and also take out gently as this is a softer cake and may crumble easily

Nutrition Facts



Properties

Glycemic Index:90.25, Glycemic Load:19.13, Inflammation Score:-7, Nutrition Score:32.208695652174%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

Nutrients (% of daily need)

Calories: 621.26kcal (31.06%), Fat: 20.33g (31.27%), Saturated Fat: 5.64g (35.23%), Carbohydrates: 81.58g (27.19%), Net Carbohydrates: 74.54g (27.1%), Sugar: 7.86g (8.74%), Cholesterol: 147.56mg (49.19%), Sodium: 1398.89mg (60.82%), Protein: 27.19g (54.38%), Vitamin C: 58.92mg (71.42%), Vitamin B1: 0.88mg (58.75%), Selenium: 40.9µg (58.43%), Manganese: 1.08mg (53.83%), Vitamin K: 48.58µg (46.26%), Vitamin B3: 8.94mg (44.69%), Vitamin B6:

0.85mg (42.25%), Iron: 7.12mg (39.56%), Phosphorus: 368.73mg (36.87%), Vitamin B2: 0.62mg (36.36%), Folate: 126.68µg (31.67%), Potassium: 1077.22mg (30.78%), Vitamin B12: 1.81µg (30.16%), Fiber: 7.05g (28.18%), Zinc: 3.94mg (26.29%), Copper: 0.47mg (23.31%), Calcium: 221.81mg (22.18%), Magnesium: 87.43mg (21.86%), Vitamin B5: 1.76mg (17.65%), Vitamin A: 422.97IU (8.46%), Vitamin E: 0.97mg (6.44%), Vitamin D: 0.81µg (5.4%)