



Crispy Risotto Cakes

READY IN



18 min.

SERVINGS



4

CALORIES



605 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup japanese breadcrumbs panko
- ☐ 2 tablespoons olive oil
- ☐ 4 servings toppings: parmesan cheese fresh freshly grated chopped
- ☐ 2 cups basic microwave risotto chilled

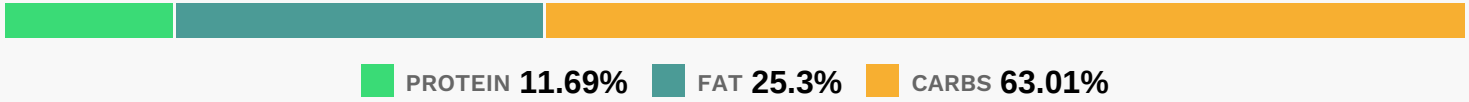
Equipment

- ☐ frying pan

Directions

- ☐
- Shape risotto into 4 round patties (about 3 1/2 inches wide). Dredge in breadcrumbs.
- ☐
- Cook patties in hot oil in a large nonstick skillet over medium-high heat 3 to 4 minutes on each side or until golden brown.
- ☐
- Serve warm with desired toppings.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:62.61, Inflammation Score:-7, Nutrition Score:19.592174011728%

Flavonoids

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

Nutrients (% of daily need)

Calories: 605.43kcal (30.27%), Fat: 16.72g (25.72%), Saturated Fat: 5.94g (37.1%), Carbohydrates: 93.67g (31.22%), Net Carbohydrates: 90.19g (32.8%), Sugar: 0.95g (1.06%), Cholesterol: 26.1mg (8.7%), Sodium: 635.94mg (27.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.76%), Folate: 248.85µg (62.21%), Manganese: 1.2mg (60.02%), Vitamin B1: 0.72mg (47.88%), Selenium: 29.38µg (41.97%), Phosphorus: 309.95mg (31%), Calcium: 295.72mg (29.57%), Iron: 5.13mg (28.49%), Vitamin B3: 5.13mg (25.66%), Zinc: 2.62mg (17.44%), Vitamin B5: 1.47mg (14.67%), Fiber: 3.47g (13.9%), Copper: 0.26mg (13.01%), Vitamin B2: 0.21mg (12.47%), Vitamin B6: 0.21mg (10.67%), Magnesium: 39.95mg (9.99%), Vitamin E: 1.17mg (7.82%), Vitamin B12: 0.46µg (7.63%), Vitamin K: 5.71µg (5.44%), Vitamin A: 259.5IU (5.19%), Potassium: 160.67mg (4.59%)