



Ecuadoran Potato Cakes with Peanut Sauce

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



752 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 tablespoons cooking oil divided
- 0.5 cup crunchy peanut butter
- 1 garlic clove finely chopped
- 0.5 teaspoon ground cumin
- 0.8 cup milk
- 2 cups alsatian münster grated
- 0.3 cup spring onion divided finely chopped
- 1 medium tomatoes chopped

- 1.5 pound yukon gold potatoes

Equipment

- bowl
- frying pan
- sauce pan
- pot

Directions

- Peel potatoes and cut into 1-inch pieces. Cover potatoes with cold water in a medium pot, then stir in 1 teaspoon salt and simmer until very tender, about 18 minutes.
- While potatoes simmer, cook garlic and 1/3 cup scallions in 2 tablespoons annatto oil in a small saucepan over medium heat, stirring, until softened, about 2 minutes. Stir in cumin and 1/4 teaspoon pepper and cook, stirring, 1 minute.
- Add tomato and cook, stirring, 2 minutes.
- Add milk and bring to a bare simmer, then remove from heat and stir in peanut butter until combined well. Keep peanut sauce warm, covered, off heat.
- Drain potatoes, then mash in a bowl.
- Cook remaining 1/2 cup scallions with 1/4 teaspoon salt and 1/4 teaspoon pepper in 2 tablespoons annatto oil in a small saucepan over medium heat, stirring, until scallions are softened, then stir into potatoes along with cheese. Form potato mixture into 8 balls and flatten each into a 3-inch patty.
- Heat 1 tablespoon annatto oil in a 12-inch nonstick skillet over medium-high heat until hot, then fry cakes in 2 batches, turning over once, until crusty, about 6 minutes per batch.
- Add remaining tablespoon annatto oil for second batch.
- Gently reheat peanut sauce, thinning to a creamy consistency with a little water if necessary. Season sauce with salt and serve with potato cakes.

Nutrition Facts



Properties

Glycemic Index:63.44, Glycemic Load:23.25, Inflammation Score:-8, Nutrition Score:26.966086905936%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 752.19kcal (37.61%), Fat: 55.81g (85.86%), Saturated Fat: 15.7g (98.13%), Carbohydrates: 41.61g (13.87%), Net Carbohydrates: 34.66g (12.6%), Sugar: 7.89g (8.76%), Cholesterol: 59.73mg (19.91%), Sodium: 542.56mg (23.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.43g (52.86%), Phosphorus: 523.32mg (52.33%), Calcium: 509.06mg (50.91%), Vitamin C: 39.54mg (47.93%), Manganese: 0.92mg (45.82%), Vitamin E: 6.11mg (40.76%), Vitamin K: 39.62µg (37.73%), Vitamin B6: 0.74mg (36.81%), Potassium: 1204.06mg (34.4%), Vitamin B3: 6.56mg (32.8%), Magnesium: 117.62mg (29.4%), Fiber: 6.95g (27.8%), Zinc: 3.27mg (21.83%), Copper: 0.42mg (20.88%), Vitamin B2: 0.35mg (20.49%), Vitamin A: 991.77IU (19.84%), Folate: 73.66µg (18.41%), Vitamin B12: 1.08µg (17.96%), Selenium: 12.39µg (17.69%), Vitamin B1: 0.22mg (14.82%), Iron: 2.56mg (14.2%), Vitamin B5: 1.18mg (11.8%), Vitamin D: 0.84µg (5.61%)