



Ecuadorian Cheesy Potato Patties (Llapingachos)

 Vegetarian

READY IN



40 min.

SERVINGS



40

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tsp annatto seasoning divided
- 0.3 cup oil divided
- 0.3 cup onion chopped
- 40 servings easy peanut sauce
- 1 lb potatoes peeled quartered
- 0.5 tsp salt
- 1 cup mozzarella cheese shredded kraft

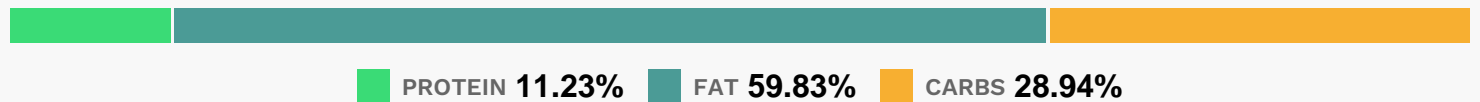
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Bring 2 quarts water to boil in large saucepan.
- Add potatoes and salt. Cook 20 minutes or until potatoes are tender; drain.
- Place in large bowl; mash until smooth.
- Heat 2 Tbsp. of the oil in medium skillet on medium heat.
- Add onions and 1 tsp. of the paprika; cook and stir until onions are tender. Stir into the mashed potatoes; cool. Stir in cheese. Shape evenly into 6 (1-inch-thick) patties.
- Mix remaining 2 Tbsp. oil and 1 tsp. paprika until well blended.
- Heat large nonstick skillet, griddle or cast iron skillet on medium heat.
- Brush a little of the oil mixture onto bottom of pan.
- Add patties; cook 3 minutes or until bottom is crisp and golden brown.
- Brush tops of patties with remaining oil mixture; turn over. Cook an additional 3 minutes or until crisp and golden brown on both sides.
- Serve each patty topped with 2 Tbsp. of the Peanut Sauce.

Nutrition Facts



Properties

Glycemic Index:3.44, Glycemic Load:1.49, Inflammation Score:-1, Nutrition Score:0.96782608168281%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 32.55kcal (1.63%), Fat: 2.18g (3.35%), Saturated Fat: 0.47g (2.97%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 2.1g (0.77%), Sugar: 0.34g (0.37%), Cholesterol: 2.21mg (0.74%), Sodium: 61.46mg (2.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Vitamin C: 2.31mg (2.8%), Vitamin B6: 0.04mg (1.78%), Vitamin E: 0.25mg (1.68%), Phosphorus: 16.67mg (1.67%), Calcium: 15.75mg (1.57%), Potassium: 51.33mg (1.47%), Vitamin K: 1.28µg (1.22%), Fiber: 0.27g (1.07%), Vitamin B12: 0.06µg (1.06%)