



Ecuadorian Cheesy Potato Patties (Llapingachos)

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



202 kcal

SIDE DISH

Ingredients

- 2 tsp annatto seasoning divided
- 0.3 cup oil divided
- 0.3 cup onion chopped
- 6 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:22.96, Glycemic Load:9.92, Inflammation Score:-3, Nutrition Score:6.4491304003674%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 202.03kcal (10.1%), Fat: 13.72g (21.11%), Saturated Fat: 3.16g (19.78%), Carbohydrates: 14.47g (4.82%), Net Carbohydrates: 12.7g (4.62%), Sugar: 1.24g (1.38%), Cholesterol: 14.75mg (4.92%), Sodium: 329.75mg (14.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.6%), Vitamin C: 15.39mg (18.65%), Vitamin B6: 0.24mg (11.9%), Vitamin E: 1.68mg (11.18%), Phosphorus: 111.1mg (11.11%), Calcium: 104.99mg (10.5%), Potassium: 342.23mg (9.78%), Vitamin K: 8.55µg (8.14%), Fiber: 1.78g (7.11%), Vitamin B12: 0.43µg (7.09%), Manganese: 0.13mg (6.52%), Magnesium: 21.79mg (5.45%), Zinc: 0.78mg (5.17%), Selenium: 3.43µg (4.91%), Vitamin B2: 0.08mg (4.64%), Vitamin B1: 0.07mg (4.61%), Copper: 0.09mg (4.32%), Vitamin B3: 0.82mg (4.12%), Iron: 0.69mg (3.82%), Folate: 14.67µg (3.67%), Vitamin B5: 0.26mg (2.58%), Vitamin A: 127.83IU (2.56%)