



Goat's cheese, herb & lemon patties

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 800 g garbanzo beans drained canned
- ☐ 1 small onion very finely chopped
- ☐ 4 garlic clove finely chopped
- ☐ 500 g potatoes with 25g 1oz butter mashed (700g 1lb 9oz potatoes)
- ☐ 2 lemon zest finely grated
- ☐ 0.5 juice of lemon
- ☐ 50 g parmesan fresh finely grated
- ☐ 1 eggs beaten

- ☐ 40 g flat parsley chopped
- ☐ 10 g chives fresh chopped
- ☐ 280 g goat cheese
- ☐ 2 tbsp olive oil

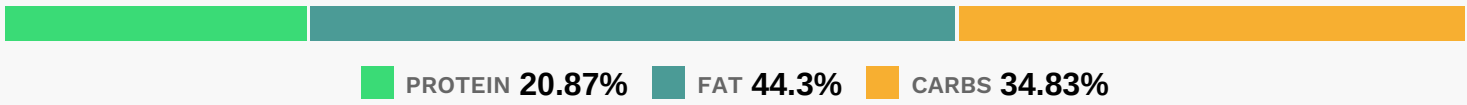
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Mash half the chickpeas in a bowl, then stir in the remaining chickpeas, the onion, garlic, mashed potatoes, lemon zest and juice, parmesan, egg, herbs, two of the goats cheeses and a good amount of sea salt and pepper. When combined, divide into 12 and, using floured hands, shape into thick patties. Dust with flour and transfer to a plate. Cover and chill for 30 minutes.
- ☐ Heat the oil in a non-stick frying pan and fry the patties for about 3–4 minutes on each side until well browned and hot all the way through. Slice the remaining goats cheeses into 12, and lay a slice on each pattie.
- ☐ Place under a hot grill to melt the cheese.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:47.51, Glycemic Load:16.12, Inflammation Score:-8, Nutrition Score:24.926086902618%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg

0.7mg, Isorhamnetin: 0.7mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg
Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg, Myricetin: 1.03mg Quercetin: 3.09mg, Quercetin: 3.09mg,
Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 401.14kcal (20.06%), Fat: 20.13g (30.97%), Saturated Fat: 9.36g (58.48%), Carbohydrates: 35.6g (11.87%),
Net Carbohydrates: 27.18g (9.88%), Sugar: 1.91g (2.12%), Cholesterol: 54.41mg (18.14%), Sodium: 696.14mg (30.27%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.34g (42.67%), Vitamin K: 118.36µg (112.72%), Manganese:
1.33mg (66.71%), Vitamin B6: 1.06mg (53.25%), Vitamin C: 31.42mg (38.08%), Phosphorus: 357.7mg (35.77%), Fiber:
8.42g (33.69%), Copper: 0.67mg (33.44%), Vitamin A: 1244.13IU (24.88%), Calcium: 244.69mg (24.47%), Iron:
3.92mg (21.76%), Potassium: 645.5mg (18.44%), Magnesium: 73.33mg (18.33%), Folate: 71.22µg (17.8%), Vitamin B2:
0.3mg (17.7%), Zinc: 2.04mg (13.63%), Selenium: 8.73µg (12.47%), Vitamin B5: 1.18mg (11.81%), Vitamin B1: 0.17mg
(11.09%), Vitamin B3: 1.42mg (7.08%), Vitamin E: 0.93mg (6.17%), Vitamin B12: 0.25µg (4.23%), Vitamin D: 0.38µg
(2.5%)