



HEALTH SCORE

100%

Herb 'n' Spinach Cakes



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



192 kcal

Ingredients

- 2.5 cups baking potatoes cooked peeled mashed
- 1 teaspoon rosemary dried crushed
- 0.8 cup breadcrumbs dry divided
- 2 egg whites
- 3 garlic cloves minced
- 0.3 teaspoon ground nutmeg
- 1 tablespoon olive oil divided
- 1.5 cups onion chopped
- 0.3 cup parmesan cheese grated

- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 20 ounce pkt spinach frozen dry thawed drained chopped

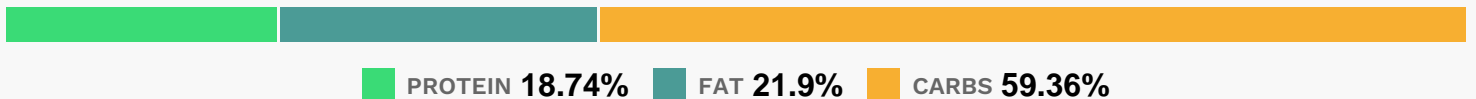
Equipment

- bowl
- frying pan

Directions

- Coat a large nonstick skillet with cooking spray, and place over medium-high heat until hot.
- Add onion and garlic; saut 5 minutes or until tender.
- Add rosemary, nutmeg, and spinach; cook 2 minutes.
- Place spinach mixture in a large bowl; let cool slightly.
- Add mashed potatoes, 1/4 cup breadcrumbs, cheese, salt, pepper, and egg whites; stir well. Divide spinach mixture into 12 equal portions, shaping each into a 3 1/2-inch cake. Dredge cakes in remaining breadcrumbs.
- Coat skillet with cooking spray; add 1 teaspoon oil, and place over medium heat until hot.
- Add 4 cakes, and cook 6 minutes or until lightly browned, turning cakes carefully after 3 minutes. Repeat procedure with remaining olive oil and cakes.
- Serve immediately with Red Pepper Sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:52.29, Glycemic Load:9.88, Inflammation Score:-10, Nutrition Score:24.538261061777%

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 Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg,

Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 192.41kcal (9.62%), Fat: 4.9g (7.54%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 29.92g (9.97%), Net Carbohydrates: 25g (9.09%), Sugar: 3.65g (4.05%), Cholesterol: 3.63mg (1.21%), Sodium: 457.12mg (19.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.89%), Vitamin K: 355.35µg (338.43%), Vitamin A: 11119.55IU (222.39%), Manganese: 0.98mg (49.13%), Folate: 168.64µg (42.16%), Magnesium: 98.32mg (24.58%), Vitamin B6: 0.47mg (23.28%), Vitamin B2: 0.36mg (21.04%), Vitamin E: 3.12mg (20.83%), Calcium: 205.06mg (20.51%), Potassium: 704.05mg (20.12%), Fiber: 4.92g (19.67%), Vitamin B1: 0.29mg (19.6%), Selenium: 13.2µg (18.86%), Iron: 3.14mg (17.46%), Vitamin C: 12.2mg (14.79%), Phosphorus: 145.09mg (14.51%), Copper: 0.26mg (13.06%), Vitamin B3: 2.09mg (10.47%), Zinc: 1.18mg (7.86%), Vitamin B5: 0.44mg (4.43%), Vitamin B12: 0.11µg (1.88%)