



Italian pork patties with potato wedges

READY IN



60 min.

SERVINGS



4

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 baking potatoes unpeeled cut into 8-10 wedges
- ☐ 2 tbsp olive oil
- ☐ 1 lemon zest
- ☐ 50 g breadcrumbs fresh
- ☐ 500 g ground pork
- ☐ 50 g parmesan grated
- ☐ 2 tbsp parsley chopped
- ☐ 1 large garlic clove crushed

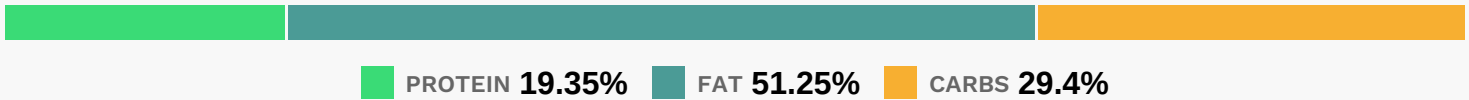
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Toss potato wedges in a large roasting tin with 1 tbsp oil and lemon juice.
- ☐ Spread out in a single layer.
- ☐ Bake for 35–45 mins, turning halfway, until golden brown and crisp.
- ☐ Meanwhile, place the breadcrumbs in a mixing bowl and moisten with 2 tbsp cold water.
- ☐ Add the mince, Parmesan, parsley, garlic and lemon zest. Season, mix well, then shape into 4 large, flat patties.
- ☐ Heat remaining oil in a pan and cook the patties for 7 mins on each side, or until they have a golden crust and are cooked through (alternatively, cook on the barbecue).
- ☐ Serve with the wedges and a tomato and rocket salad, if you like

Nutrition Facts



Properties

Glycemic Index:43.44, Glycemic Load:30.47, Inflammation Score:-6, Nutrition Score:26.713043561448%

Flavonoids

Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg, Apigenin: 4.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 659.78kcal (32.99%), Fat: 37.57g (57.8%), Saturated Fat: 13.06g (81.65%), Carbohydrates: 48.5g (16.17%), Net Carbohydrates: 44.93g (16.34%), Sugar: 2.28g (2.54%), Cholesterol: 98.5mg (32.83%), Sodium: 373.82mg

(16.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.92g (63.84%), Vitamin B1: 1.22mg (81.3%), Vitamin B6: 1.25mg (62.68%), Selenium: 37.68µg (53.83%), Phosphorus: 445.7mg (44.57%), Vitamin B3: 8.53mg (42.63%), Vitamin K: 40.26µg (38.34%), Potassium: 1298.96mg (37.11%), Vitamin B2: 0.46mg (27.05%), Zinc: 3.93mg (26.17%), Manganese: 0.48mg (23.99%), Calcium: 222.12mg (22.21%), Vitamin C: 17.71mg (21.47%), Magnesium: 84.98mg (21.24%), Iron: 3.82mg (21.22%), Vitamin B12: 1.07µg (17.81%), Vitamin B5: 1.62mg (16.19%), Copper: 0.32mg (15.9%), Fiber: 3.57g (14.28%), Folate: 53.43µg (13.36%), Vitamin E: 1.09mg (7.24%), Vitamin A: 269.38IU (5.39%)