



WHATSheATE



Lapingachos (Colombian-Style Potato Cakes)



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 2 egg yolks lightly beaten
- ☐ 1 teaspoon ground achiote
- ☐ 1 teaspoon ground cumin
- ☐ 6 russet potatoes peeled cut into chunks
- ☐ 12 servings salt and pepper to taste

Equipment

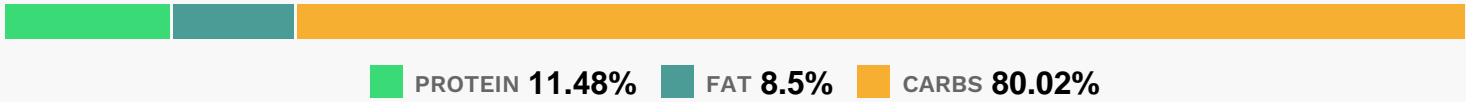
- ☐ frying pan
- ☐ baking sheet

☐ baking paper

Directions

- ☐ Cook the potatoes in salted water until fork tender.
- ☐ Drain and mash them.
- ☐ Add the hogao, achiote, cumin, egg yolks, salt and pepper.
- ☐ Mix well.over the potato mixture and let it sit at room temperature for about one hour.Make small thick patties and place on a baking sheet lined with parchment paper.
- ☐ Place them in the fridge for 30 minutes.
- ☐ Heat a nonstick fry pan or griddle over medium-high heat and brush lightly with oil.Cook the patties for 2 minutes, carefully flip them and cook on the other side until golden, about 1 minute more.

Nutrition Facts



Properties

Glycemic Index:7.48, Glycemic Load:15.14, Inflammation Score:-2, Nutrition Score:5.0243478365566%

Nutrients (% of daily need)

Calories: 94.42kcal (4.72%), Fat: 0.92g (1.41%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 18.02g (6.55%), Sugar: 0.68g (0.76%), Cholesterol: 32.4mg (10.8%), Sodium: 200.84mg (8.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.57%), Vitamin B6: 0.38mg (18.93%), Potassium: 450.39mg (12.87%), Manganese: 0.17mg (8.75%), Vitamin C: 6.08mg (7.37%), Phosphorus: 71.11mg (7.11%), Magnesium: 25.26mg (6.32%), Vitamin B1: 0.09mg (6.24%), Iron: 1.11mg (6.17%), Copper: 0.11mg (5.68%), Fiber: 1.4g (5.61%), Vitamin B3: 1.11mg (5.55%), Folate: 19.31µg (4.83%), Vitamin B5: 0.41mg (4.1%), Vitamin B2: 0.05mg (3.03%), Selenium: 2.12µg (3.02%), Zinc: 0.39mg (2.58%), Calcium: 19.39mg (1.94%), Vitamin K: 1.95µg (1.85%), Vitamin D: 0.16µg (1.08%)