



WHATSHeATE



Llapingachos Ecuatorianos (Ecuadorian Potato-and-Cheese Patties)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 1.3 pounds baking potatoes peeled quartered
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons green onions minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 teaspoons kosher salt
- ☐ 1.5 ounces monterrey jack cheese shredded
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup julienne-cut onion red
- ☐ 0.8 cup tomatoes diced

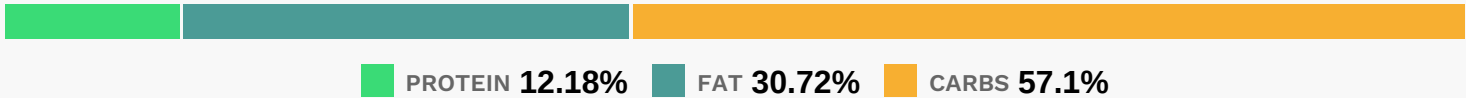
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Place 1 1/2 teaspoons salt and potatoes in a saucepan, and cover with water. Bring to a boil; reduce heat, and simmer 15 minutes or until tender.
- ☐ Drain, and mash with a potato masher until smooth. Cool.
- ☐ Add cheese, green onions, 1/4 teaspoon salt, and pepper to potato mixture, stirring well. Divide potato mixture into 6 balls (about 1/2 cup per ball). Flatten balls into 1/2-inch-thick patties (about 3-inch diameter).
- ☐ Place on a baking sheet; cover and refrigerate 20 minutes or until firm.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Place potato-and-cheese patties in pan; cook 5 minutes or until bottoms are browned. Turn patties; cook 3 minutes. Top patties with tomato and red onion.

Nutrition Facts



Properties

Glycemic Index:40.13, Glycemic Load:13.95, Inflammation Score:-4, Nutrition Score:6.2134783591913%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.03mg, Quercetin:

3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 131.25kcal (6.56%), Fat: 4.61g (7.1%), Saturated Fat: 1.71g (10.71%), Carbohydrates: 19.29g (6.43%), Net Carbohydrates: 17.54g (6.38%), Sugar: 1.72g (1.92%), Cholesterol: 6.31mg (2.1%), Sodium: 727.36mg (31.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.23%), Vitamin B6: 0.36mg (18.2%), Potassium: 470.2mg (13.43%), Vitamin C: 9.3mg (11.27%), Manganese: 0.2mg (10.16%), Phosphorus: 92.65mg (9.27%), Vitamin K: 9.08µg (8.65%), Calcium: 72.34mg (7.23%), Fiber: 1.75g (7.01%), Magnesium: 27.59mg (6.9%), Vitamin B1: 0.09mg (6.18%), Copper: 0.12mg (5.95%), Vitamin B3: 1.12mg (5.61%), Iron: 1mg (5.55%), Folate: 21.13µg (5.28%), Vitamin A: 231.26IU (4.63%), Vitamin B2: 0.07mg (3.98%), Zinc: 0.55mg (3.68%), Vitamin B5: 0.34mg (3.35%), Vitamin E: 0.48mg (3.19%), Selenium: 1.49µg (2.13%)