



Mushroom Risotto Cakes

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



412 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups sandwich bread fresh white firm (from 4 slices sandwich bread)
- 2 large eggs lightly beaten
- 1 cup flour all-purpose
- 3 cups mushrooms chilled
- 6 tablespoons olive oil

Equipment

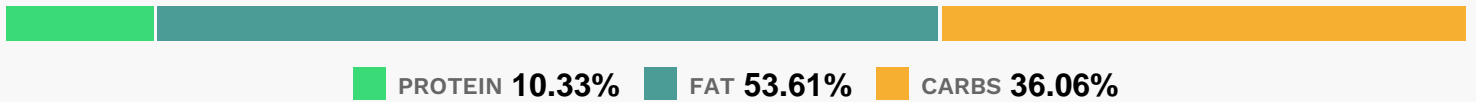
- bowl
- frying pan

- oven
- baking pan
- wax paper
- spatula

Directions

- Put oven rack in middle position and preheat oven to 350°F. Form chilled risotto into 8 (3/4-inch-thick) patties using wet hands. Put flour, eggs, and bread crumbs in 3 separate shallow bowls. Coat 1 cake with flour, tapping off excess, then egg (letting excess drip off), and then bread crumbs.
- Transfer to wax paper. Repeat with remaining cakes.
- Heat 3 tablespoons oil in a 12-inch heavy nonstick skillet over moderately high heat until hot but not smoking, then sauté 4 cakes, turning over once, until browned, 5 to 6 minutes total.
- Transfer with a slotted spatula to a paper-towel-lined baking pan and keep warm in oven.
- Heat remaining 3 tablespoons oil and sauté remaining 4 cakes in same manner.

Nutrition Facts



Properties

Glycemic Index:45.44, Glycemic Load:25.66, Inflammation Score:-4, Nutrition Score:14.846521745557%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 411.73kcal (20.59%), Fat: 24.74g (38.06%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 37.44g (12.48%), Net Carbohydrates: 35.36g (12.86%), Sugar: 2.8g (3.12%), Cholesterol: 93mg (31%), Sodium: 147.47mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.45%), Selenium: 30.18µg (43.12%), Vitamin B2: 0.61mg (36%), Vitamin B1: 0.43mg (28.51%), Vitamin B3: 5.53mg (27.67%), Folate: 106.15µg (26.54%), Vitamin E: 3.36mg (22.41%), Manganese: 0.39mg (19.36%), Iron: 3.12mg (17.34%), Vitamin B5: 1.72mg (17.19%), Phosphorus: 170.6mg (17.06%), Copper: 0.32mg (15.99%), Vitamin K: 12.86µg (12.24%), Potassium: 323.43mg (9.24%), Fiber: 2.08g (8.32%), Vitamin B6: 0.15mg (7.59%), Zinc: 1.11mg (7.42%), Calcium: 68.53mg (6.85%), Magnesium: 22.43mg

(5.61%), Vitamin D: 0.64µg (4.29%), Vitamin B12: 0.25µg (4.19%), Vitamin A: 135.23IU (2.7%), Vitamin C: 1.51mg (1.83%)