



Oat Cakes and Spinach with Horseradish Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



528 kcal

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 carrots chopped
- ☐ 2 tablespoons cashew pieces chopped
- ☐ 4 tablespoons cooking oil
- ☐ 2 eggs beaten
- ☐ 1 cup parsley fresh chopped
- ☐ 1 teaspoon fresh-ground pepper black
- ☐ 2 teaspoons horseradish prepared drained

- ☐ 2 cups milk
- ☐ 1.8 cups old-fashioned oats
- ☐ 1 onion chopped
- ☐ 1.8 teaspoons salt
- ☐ 5 tablespoons cup heavy whipping cream sour
- ☐ 20 ounces whole-leaf spinach frozen

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ spatula

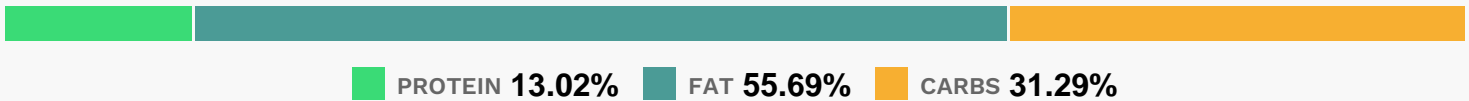
Directions

- ☐ In a medium saucepan, bring the milk to a boil. Stir in the oats and remove from the heat. In a small bowl, combine the sour cream, horseradish, and 1/4 teaspoon of the salt.
- ☐ In a large nonstick frying pan melt 1 tablespoon of the butter with 1 tablespoon of the oil over moderate heat.
- ☐ Add the onion and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the carrot and cashews and cook, stirring occasionally, until the carrot is tender, about 5 minutes longer.
- ☐ Remove from the heat and stir in the oats.
- ☐ In a bowl, mix the parsley, eggs, 1 teaspoon of salt, 1/2 teaspoon of pepper, and the oat mixture.
- ☐ Heat 1 tablespoon of the oil in the frying pan over moderate heat. Using a 1/4-cup measure, scoop mounds of the oat mixture into the pan and flatten with a spatula. Fry in batches, adding the remaining oil as needed, until golden, about 3 minutes per side. Keep warm in a

200 oven on a baking sheet lined with paper towels.

- ☐ Meanwhile, in a medium saucepan, melt the remaining tablespoon of butter over moderately low heat.
- ☐ Add the spinach and the remaining 1/2 teaspoon each of salt and pepper. Cover and cook until hot, about 5 minutes.
- ☐ Serve with the oat cakes with the sauce on the side.
- ☐ Wine Recommendation: Many consider Tocai Friulano to be Italy's best white wine. Uncommonly rich, with bracing acidity, Tocai will more than stand up to the spinach and horseradish here.

Nutrition Facts



Properties

Glycemic Index:89.51, Glycemic Load:12.66, Inflammation Score:-10, Nutrition Score:42.330434840658%

Flavonoids

Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 9.48mg, Kaempferol: 9.48mg, Kaempferol: 9.48mg, Kaempferol: 9.48mg Myricetin: 2.74mg, Myricetin: 2.74mg, Myricetin: 2.74mg, Myricetin: 2.74mg Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg

Nutrients (% of daily need)

Calories: 528.11kcal (26.41%), Fat: 33.86g (52.09%), Saturated Fat: 10.02g (62.62%), Carbohydrates: 42.81g (14.27%), Net Carbohydrates: 34.34g (12.49%), Sugar: 9.93g (11.03%), Cholesterol: 120.38mg (40.13%), Sodium: 1289.99mg (56.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.82g (35.64%), Vitamin K: 947.16µg (902.06%), Vitamin A: 17691.09IU (353.82%), Manganese: 2.81mg (140.27%), Folate: 331.47µg (82.87%), Vitamin C: 63.5mg (76.97%), Magnesium: 208.09mg (52.02%), Phosphorus: 447.98mg (44.8%), Vitamin E: 6.26mg (41.71%), Iron: 7.18mg (39.89%), Potassium: 1371.21mg (39.18%), Vitamin B2: 0.65mg (38.51%), Calcium: 376.14mg (37.61%), Fiber: 8.46g (33.86%), Selenium: 22.63µg (32.32%), Vitamin B1: 0.41mg (27.45%), Vitamin B6: 0.52mg (26.09%), Copper: 0.5mg (25.07%), Zinc: 3.44mg (22.96%), Vitamin B5: 1.53mg (15.28%), Vitamin B12: 0.9µg (14.97%), Vitamin D: 1.78µg (11.88%), Vitamin B3: 2.03mg (10.16%)