



Plantation Ham Cakes

 **Gluten Free**

READY IN



20 min.

SERVINGS



12

CALORIES



163 kcal

Ingredients

- 2 teaspoons aniseed
- 0.5 cup asiago cheese grated
- 10 ounce broccoli frozen thawed drained chopped
- 0.8 cup cornmeal
- 2 teaspoons basil dried
- 3 eggs beaten
- 3 cloves garlic minced
- 2 teaspoons pepper black
- 2 cups ham

- 2 tablespoons olive oil
- 1 onion finely chopped
- 1 teaspoon salt

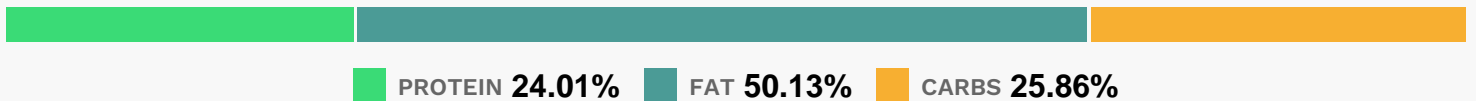
Equipment

- bowl
- frying pan
- paper towels

Directions

- In a large bowl combine the ground ham, onion, broccoli and beaten eggs.
- Mix with hands for 1 full minute, or until eggs are evenly absorbed into meat.
- Sprinkle anise seed, basil, garlic, salt, pepper, cornmeal and cheese over meat mixture and mix again with hands for 1 full minute, until all ingredients are evenly distributed.
- Heat oil in a large skillet over medium heat. Scoop about 3 ounces of ham mixture into hands and form patties about 1/2 inch thick.
- Lay patties in skillet and cook for 3 to 5 minutes each side, or until browned.
- Drain on paper towels. Repeat until all of the mixture has been used, then serve hot.

Nutrition Facts



Properties

Glycemic Index:18.46, Glycemic Load:4.97, Inflammation Score:-4, Nutrition Score:9.343913036844%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 162.71kcal (8.14%), Fat: 9.12g (14.04%), Saturated Fat: 2.89g (18.07%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 8.67g (3.15%), Sugar: 1.03g (1.15%), Cholesterol: 58.22mg (19.41%), Sodium: 562.11mg (24.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.67%), Vitamin K: 29.08µg (27.69%), Vitamin C: 22.06mg (26.74%), Selenium: 10.99µg (15.7%), Phosphorus: 144.84mg (14.48%), Vitamin B1: 0.2mg (13.35%), Vitamin B6: 0.24mg (11.84%), Manganese: 0.21mg (10.59%), Vitamin B2: 0.16mg (9.38%), Zinc: 1.26mg (8.41%), Calcium: 79.8mg (7.98%), Fiber: 1.92g (7.66%), Vitamin B3: 1.49mg (7.47%), Iron: 1.25mg (6.95%), Folate: 26.79µg (6.7%), Magnesium: 26.61mg (6.65%), Potassium: 222.47mg (6.36%), Vitamin E: 0.79mg (5.26%), Vitamin B5: 0.51mg (5.13%), Vitamin B12: 0.3µg (4.95%), Vitamin A: 243.47IU (4.87%), Copper: 0.08mg (4.06%), Vitamin D: 0.4µg (2.69%)