

## Potato Bites

 Vegetarian

READY IN



55 min.

SERVINGS



45

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 20 oz potatoes refrigerated mashed ( 2 cups)
- 1 cup peas sweet frozen (from 1-lb bag)
- 0.3 cup onion red chopped
- 1 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.3 teaspoon salt
- 0.1 teaspoon ground pepper red (cayenne)
- 1 cup breadcrumbs plain

- 2 eggs
- 2 tablespoons milk
- 1 serving pam original flavor shopping list
- 1 serving salsa thick

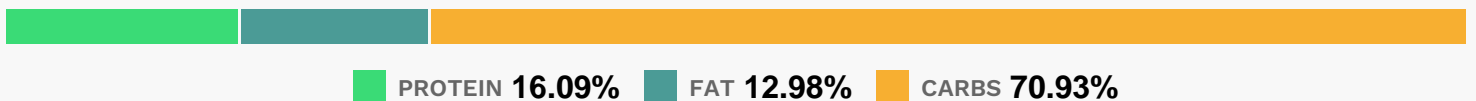
## Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- aluminum foil

## Directions

- Heat oven to 400°F. Line cookie sheet with foil or cooking parchment paper; spray foil or paper with cooking spray. In medium bowl, mix potatoes, peas, onion, coriander, cumin, salt and red pepper.
- Place bread crumbs in shallow bowl. In another shallow bowl, beat eggs and milk with fork or wire whisk. Shape potato mixture by tablespoonfuls into about 1-inch balls.
- Roll balls in bread crumbs to coat, then dip into egg mixture and coat again with bread crumbs.
- Place on cookie sheet. Spray tops of balls with cooking spray.
- Bake 10 to 14 minutes or until light golden brown and hot.
- Serve warm with chutney.

## Nutrition Facts



## Properties

Glycemic Index:5.11, Glycemic Load:1.77, Inflammation Score:-1, Nutrition Score:1.6447826053785%

## Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 25.92kcal (1.3%), Fat: 0.38g (0.58%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 4.01g (1.46%), Sugar: 0.55g (0.61%), Cholesterol: 7.35mg (2.45%), Sodium: 39.2mg (1.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin C: 3.89mg (4.71%), Manganese: 0.06mg (2.96%), Vitamin B1: 0.04mg (2.94%), Vitamin B6: 0.05mg (2.61%), Fiber: 0.62g (2.5%), Potassium: 73.95mg (2.11%), Phosphorus: 20.05mg (2%), Folate: 7.86µg (1.96%), Selenium: 1.34µg (1.91%), Vitamin B3: 0.37mg (1.87%), Iron: 0.32mg (1.8%), Vitamin B2: 0.03mg (1.68%), Magnesium: 5.77mg (1.44%), Copper: 0.03mg (1.42%), Vitamin K: 1.25µg (1.19%)