



Potato Bites

 Vegetarian

READY IN



55 min.

SERVINGS



45

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

- 0.3 cup onion red chopped
- 45 servings salsa thick
- 0.3 teaspoon salt

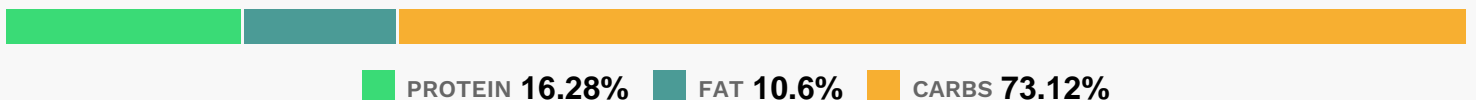
Equipment

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

Directions

- Heat oven to 400F. 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:-2, Nutrition Score:2.7873912920123%

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: 34.98kcal (1.75%), Fat: 0.43g (0.67%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 5.56g (2.02%), Sugar: 1.74g (1.93%), Cholesterol: 7.35mg (2.45%), Sodium: 244.46mg (10.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin C: 4.48mg (5.43%), Vitamin B6: 0.11mg (5.36%), Fiber: 1.19g (4.75%), Manganese: 0.09mg (4.73%), Potassium: 154.68mg (4.42%), Vitamin A: 192.76IU (3.86%), Vitamin B1: 0.05mg (3.67%), Vitamin B3: 0.72mg (3.62%), Phosphorus: 30.06mg (3.01%), Vitamin E: 0.42mg (2.81%), Magnesium: 10.46mg (2.62%), Iron: 0.46mg (2.53%), Copper: 0.05mg (2.44%), Vitamin K: 2.56µg (2.44%), Selenium: 1.62µg (2.32%), Folate: 9.11µg (2.28%), Vitamin B2: 0.04mg (2.27%), Calcium: 18.4mg (1.84%), Vitamin B5: 0.15mg (1.52%), Zinc: 0.21mg (1.39%)