



Potato-Corn Cakes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

SIDE DISH

Ingredients

- ☐ 15.5 oz corn drained canned
- ☐ 0.5 cup curd cottage cheese
- ☐ 2 large eggs beaten to blend
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup spring onion minced (including tops)
- ☐ 1 tablespoon ground cumin
- ☐ 2 jalapeno fresh diced green hot stemmed rinsed seeded
- ☐ 0.5 teaspoon pepper

- ☐ 1.3 pounds baking potatoes scrubbed
- ☐ 2 teaspoons salad oil
- ☐ 2 teaspoons salt
- ☐ 2 oz cheddar cheese shredded
- ☐ 2 tablespoons cornmeal yellow

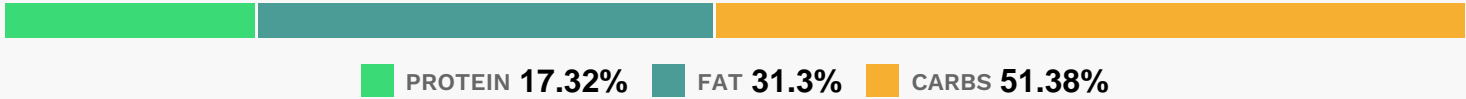
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ spatula
- ☐ potato ricer

Directions

- ☐ In a 5- to 6-quart pan over high heat, bring about 4 quarts water to a boil.
- ☐ Add whole potatoes and cook until tender when pierced, 20 to 30 minutes.
- ☐ Drain and rinse in cold water until cool enough to handle; peel and grate (or press through a food mill or ricer).
- ☐ In a large bowl, mix potatoes, corn, cheddar cheese, cottage cheese, eggs, onions, cilantro, jalapeos, cornmeal, cumin, salt, and pepper until well blended.
- ☐ Pour 1 teaspoon oil into a 10- to 12-inch nonstick frying pan over medium-high heat; when hot, drop batter into pan in about 1/3-cup portions, and use a spoon to spread slightly into 3- to 4-inch cakes. Cook, turning once with a spatula, until cakes are browned on both sides and firm to the touch in the center, about 6 minutes total.
- ☐ Transfer to an ovenproof plate and keep warm in a 200 oven while you cook remaining cakes, adding more oil to pan as necessary.

Nutrition Facts



Properties

Glycemic Index:85.06, Glycemic Load:22.92, Inflammation Score:-6, Nutrition Score:16.186086799787%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 360.48kcal (18.02%), Fat: 12.69g (19.52%), Saturated Fat: 4.47g (27.92%), Carbohydrates: 46.88g (15.63%), Net Carbohydrates: 43.92g (15.97%), Sugar: 2.32g (2.58%), Cholesterol: 111.64mg (37.21%), Sodium: 1564.23mg (68.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.8g (31.61%), Vitamin B6: 0.63mg (31.25%), Phosphorus: 303.34mg (30.33%), Potassium: 879.64mg (25.13%), Vitamin C: 20.01mg (24.26%), Vitamin K: 24.37µg (23.21%), Selenium: 15.27µg (21.82%), Manganese: 0.43mg (21.57%), Folate: 78.88µg (19.72%), Iron: 3.26mg (18.14%), Calcium: 179.76mg (17.98%), Vitamin B2: 0.3mg (17.93%), Magnesium: 67.71mg (16.93%), Vitamin B3: 2.71mg (13.54%), Zinc: 1.94mg (12.95%), Copper: 0.25mg (12.52%), Vitamin B1: 0.19mg (12.41%), Fiber: 2.95g (11.82%), Vitamin B5: 1.08mg (10.78%), Vitamin A: 514.4IU (10.29%), Vitamin B12: 0.49µg (8.09%), Vitamin E: 1.13mg (7.53%), Vitamin D: 0.61µg (4.08%)