



Puerto Rican Meat Patties

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



792 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce tomato sauce canned
- 16 ounce egg roll wrappers
- 1.5 cups cilantro leaves fresh chopped
- 4 cloves garlic minced
- 1 bell pepper green chopped
- 1 pound ground beef
- 3 tablespoons olive oil
- 1 onion chopped

2 quarts vegetable oil for frying

Equipment

frying pan

paper towels

wok

Directions

In a large, heavy saute pan, heat olive oil over medium heat.

Add chopped garlic, onions, and bell pepper; saute until soft.

Add meat; cook and stir until browned.

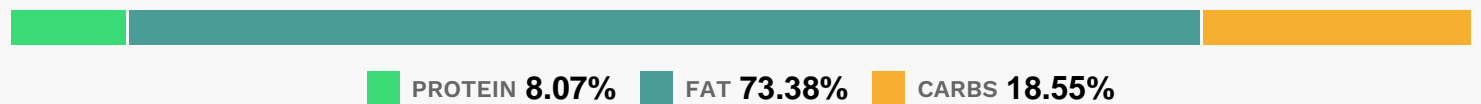
Drain off excess fat. Stir in tomato sauce and cilantro. Simmer until cilantro wilts.

Remove from heat, and cool until mixture can be handled.

Wrap 2 to 3 tablespoons of meat in an egg roll wrapper to form a triangle. Repeat with remaining ingredients.

Heat vegetable oil in a wok or deep fry pan to 360 degrees F (168 degrees C). Fry patties in hot oil until golden brown. When done, transfer to plates lined with paper towels to drain.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.96, Inflammation Score:-7, Nutrition Score:19.18782581972%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 791.91kcal (39.6%), Fat: 64.91g (99.85%), Saturated Fat: 12.47g (77.93%), Carbohydrates: 36.92g (12.31%), Net Carbohydrates: 34.87g (12.68%), Sugar: 1.99g (2.21%), Cholesterol: 45.36mg (15.12%), Sodium: 499.42mg (21.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.07g (32.14%), Vitamin K: 102.47µg (97.59%), Vitamin E: 5.4mg (36.01%), Selenium: 24.97µg (35.68%), Vitamin B3: 5.88mg (29.42%), Manganese: 0.47mg (23.57%), Vitamin B1: 0.35mg (23.02%), Vitamin B12: 1.22µg (20.41%), Vitamin C: 16.24mg (19.68%), Vitamin B2: 0.33mg (19.47%), Zinc: 2.91mg (19.4%), Iron: 3.47mg (19.3%), Phosphorus: 153.86mg (15.39%), Folate: 61.29µg (15.32%), Vitamin B6: 0.3mg (15.04%), Potassium: 351.58mg (10.05%), Copper: 0.18mg (8.85%), Fiber: 2.05g (8.19%), Vitamin A: 388.58IU (7.77%), Magnesium: 29.25mg (7.31%), Calcium: 50.25mg (5.03%), Vitamin B5: 0.44mg (4.44%)