



Quinoa and Potato Croquettes

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce baking potato
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 tablespoons cheddar cheese extra-sharp grated
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 cup green onions thinly sliced
- ☐ 1 teaspoon ground cumin

- ☐ 1 jalapeno seeded finely chopped
- ☐ 0.5 cup curd cottage cheese 1% low-fat drained
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 cup quinoa rinsed uncooked
- ☐ 0.5 teaspoon salt
- ☐ 4 teaspoons vegetable oil divided
- ☐ 2 cups water

Equipment

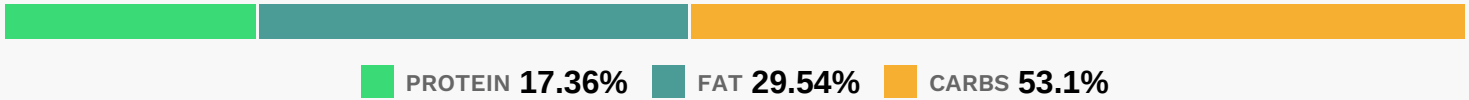
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ microwave

Directions

- ☐ Pierce potato with a fork; place on paper towels in microwave oven. Microwave at high 5 minutes or until fork pierces potato easily, turning potato after 3 minutes. Wrap in a towel; let stand 5 minutes. Peel and mash potato.
- ☐ Bring 2 cups water to a boil in a saucepan; add quinoa and salt. Cook 15 minutes; drain.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add onions, cilantro, and jalapeo; saut 1 minute.
- ☐ Add cumin, oregano, black pepper, and garlic; saut 1 minute.
- ☐ Combine potato, quinoa, onion mixture, cottage cheese, and cheddar cheese in a bowl, stirring well.
- ☐ Let stand 5 minutes; stir in egg.

- ☐
- Shape potato mixture into 10 patties. Carefully dredge each patty in panko.
- ☐
- Place on a baking sheet. Cover and chill 10 minutes.
- ☐
- Heat 1 1/2 teaspoons oil in skillet over medium heat.
- ☐
- Add 5 patties to pan; cook 2 minutes on each side or until golden brown. Keep warm. Repeat procedure with remaining oil and patties.

Nutrition Facts



Properties

Glycemic Index:55.95, Glycemic Load:8.45, Inflammation Score:-7, Nutrition Score:17.235217446866%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 325.01kcal (16.25%), Fat: 10.73g (16.51%), Saturated Fat: 3.15g (19.71%), Carbohydrates: 43.4g (14.47%), Net Carbohydrates: 39.17g (14.24%), Sugar: 2.17g (2.41%), Cholesterol: 47.1mg (15.7%), Sodium: 497.61mg (21.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.19g (28.38%), Manganese: 0.99mg (49.38%), Vitamin K: 34.84µg (33.18%), Phosphorus: 307.05mg (30.71%), Folate: 101.04µg (25.26%), Magnesium: 96.24mg (24.06%), Vitamin B6: 0.45mg (22.65%), Vitamin B1: 0.31mg (20.61%), Selenium: 14.08µg (20.12%), Iron: 3.4mg (18.87%), Vitamin B2: 0.31mg (18.45%), Copper: 0.34mg (17.22%), Fiber: 4.23g (16.91%), Potassium: 548.83mg (15.68%), Calcium: 149.54mg (14.95%), Zinc: 2.04mg (13.58%), Vitamin C: 9.13mg (11.07%), Vitamin B3: 2.08mg (10.4%), Vitamin E: 1.55mg (10.33%), Vitamin B5: 0.77mg (7.73%), Vitamin A: 370.32IU (7.41%), Vitamin B12: 0.37µg (6.15%), Vitamin D: 0.25µg (1.69%)