



Risotto Cakes

READY IN



18 min.

SERVINGS



12

CALORIES



265 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup bread crumbs fresh
- ☐ 0.3 cup canola oil
- ☐ 2 large eggs
- ☐ 0.5 cup regular corn frozen thawed
- ☐ 12 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup parmesan grated
- ☐ 3 cups risotto from roasted garlic and mushroom risotto recipe leftover

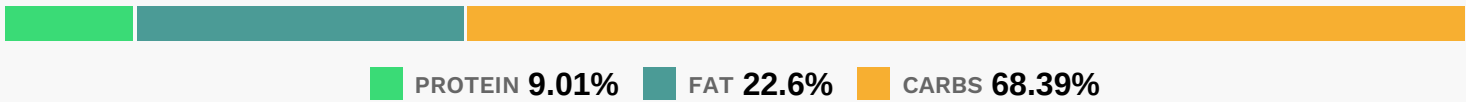
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large bowl add the leftover risotto, eggs, corn, bread crumbs, and Parmesan and season with salt and pepper, to taste.
- ☐ Mix to combine well. Form into 12 balls about the size of a walnut, then flatten into patties and arrange on a baking sheet.
- ☐ Heat the oil in a large nonstick skillet over medium heat.
- ☐ Add the patties and cook until they are golden brown, about 3 to 4 minutes per side.
- ☐ Remove the patties from the oil to a baking sheet lined with a brown bag or paper towels to drain the excess oil.
- ☐ Transfer to a serving tray and serve hot.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:31.33, Inflammation Score:-4, Nutrition Score:8.7221739447635%

Nutrients (% of daily need)

Calories: 265.1kcal (13.26%), Fat: 6.55g (10.08%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 44.62g (14.87%), Net Carbohydrates: 42.8g (15.56%), Sugar: 0.33g (0.36%), Cholesterol: 32.42mg (10.81%), Sodium: 79.01mg (3.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.76%), Folate: 127.14µg (31.79%), Manganese: 0.59mg (29.31%), Vitamin B1: 0.34mg (22.49%), Selenium: 11.77µg (16.82%), Iron: 2.55mg (14.18%), Vitamin B3: 2.48mg (12.42%), Phosphorus: 92.02mg (9.2%), Vitamin B5: 0.83mg (8.27%), Fiber: 1.82g (7.28%), Copper: 0.13mg (6.4%), Vitamin E: 0.91mg (6.09%), Vitamin B6: 0.12mg (5.98%), Zinc: 0.83mg (5.53%), Vitamin B2: 0.09mg (5.49%), Magnesium: 17.72mg (4.43%), Calcium: 39.79mg (3.98%), Vitamin K: 3.85µg (3.67%), Potassium: 81.78mg (2.34%), Vitamin B12: 0.11µg (1.92%), Vitamin A: 62.09IU (1.24%), Vitamin D: 0.18µg (1.18%)