



Southwestern Potato Patties



Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bag hash browns shredded refrigerated southwest-style (1 lb 4 oz)
- ☐ 3 eggs beaten
- ☐ 4 oz cheddar cheese shredded
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.3 cup vegetable oil
- ☐ 11 oz corn whole with red and green peppers, drained canned
- ☐ 15 oz black beans rinsed drained canned
- ☐ 0.3 cup salsa thick

- ☐ 1 serving cream sour
- ☐ 0.5 cup frangelico

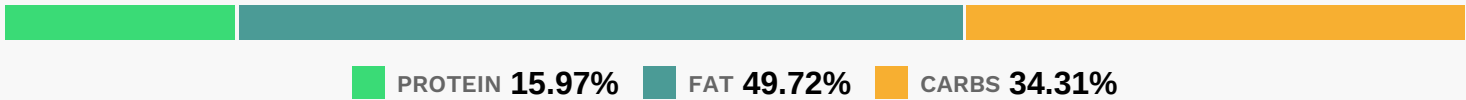
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ spatula

Directions

- ☐ In large bowl, mix potatoes, eggs, cheese, Bisquick mix and garlic salt.
- ☐ In 12-inch skillet, heat 2 tablespoons of the oil over medium heat. For each patty, spoon about 1/2 cup potato mixture into oil in skillet. Flatten with the back of spatula.
- ☐ Cook patties about 4 minutes, turning once, until golden brown.
- ☐ Remove from skillet and cover to keep warm while cooking remaining patties.
- ☐ Add remaining 2 tablespoons oil as needed to prevent sticking.
- ☐ In 2-quart saucepan, heat corn, beans and salsa over medium heat 2 to 3 minutes, stirring occasionally, until hot.
- ☐ Serve over patties. Top with sour cream.

Nutrition Facts



Properties

Glycemic Index:11.6, Glycemic Load:3.59, Inflammation Score:-5, Nutrition Score:15.150869348775%

Nutrients (% of daily need)

Calories: 414.47kcal (20.72%), Fat: 23.17g (35.65%), Saturated Fat: 7.4g (46.25%), Carbohydrates: 35.98g (11.99%), Net Carbohydrates: 28.93g (10.52%), Sugar: 0.75g (0.83%), Cholesterol: 122.3mg (40.77%), Sodium: 947.59mg (41.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.75g (33.49%), Phosphorus: 311.51mg (31.15%), Fiber: 7.05g (28.22%), Selenium: 16.04µg (22.91%), Folate: 90.52µg (22.63%), Calcium: 219.15mg (21.92%), Vitamin B2: 0.35mg (20.58%), Vitamin K: 21.25µg (20.24%), Manganese: 0.36mg (17.88%), Potassium: 618.58mg (17.67%), Iron:

2.98mg (16.55%), Vitamin B1: 0.22mg (14.44%), Copper: 0.29mg (14.28%), Magnesium: 55.6mg (13.9%), Zinc: 1.98mg (13.23%), Vitamin B3: 2.32mg (11.62%), Vitamin C: 9.2mg (11.15%), Vitamin E: 1.51mg (10.04%), Vitamin B6: 0.19mg (9.52%), Vitamin B5: 0.91mg (9.09%), Vitamin A: 450.56IU (9.01%), Vitamin B12: 0.48µg (8.01%), Vitamin D: 0.66µg (4.43%)