



## Southwestern Potato Patties

 Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 15 oz black beans rinsed drained canned
- ☐ 3 eggs beaten
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 bag hash browns shredded refrigerated southwest-style (1 lb 4 oz)
- ☐ 0.3 cup salsa thick
- ☐ 4 oz cheddar cheese shredded
- ☐ 5 servings cream sour
- ☐ 0.3 cup vegetable oil

- ☐ 11 oz corn whole with red and green peppers, drained canned
- ☐ 0.5 cup frangelico
- ☐ 0.5 cup frangelico

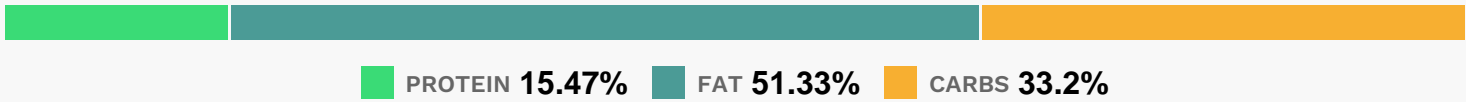
## Equipment

- ☐ 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:-6, Nutrition Score:15.453043419382%

## Nutrients (% of daily need)

Calories: 433.48kcal (21.67%), Fat: 25.03g (38.51%), Saturated Fat: 8.37g (52.31%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 29.38g (10.68%), Sugar: 1.08g (1.2%), Cholesterol: 127.97mg (42.66%), Sodium: 950.57mg (41.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.98g (33.96%), Phosphorus: 318.81mg (31.88%),

Fiber: 7.05g (28.22%), Selenium: 16.39µg (23.42%), Calcium: 228.85mg (22.88%), Folate: 91.1µg (22.77%), Vitamin B2: 0.37mg (21.52%), Vitamin K: 21.39µg (20.38%), Potassium: 630.58mg (18.02%), Manganese: 0.36mg (17.93%), Iron: 2.98mg (16.58%), Vitamin B1: 0.22mg (14.56%), Copper: 0.29mg (14.36%), Magnesium: 56.56mg (14.14%), Zinc: 2.02mg (13.44%), Vitamin B3: 2.33mg (11.67%), Vitamin C: 9.29mg (11.26%), Vitamin E: 1.54mg (10.29%), Vitamin A: 510.37IU (10.21%), Vitamin B6: 0.19mg (9.71%), Vitamin B5: 0.94mg (9.41%), Vitamin B12: 0.5µg (8.34%), Vitamin D: 0.66µg (4.43%)