



HEALTH SCORE

61%

Southwestern Rice and Veggie Cakes



Vegetarian



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



646 kcal

Ingredients

- ☐ 3 ounces double-fiber breadcrumbs (2 slices)
- ☐ 0.3 teaspoon chili powder
- ☐ 4 egg whites lightly beaten
- ☐ 17 ounce santa fe microwaveable grain rice medley whole cooked (such as Uncle Ben's Santa Fe Ready Rice)
- ☐ 2 teaspoons juice of lime fresh
- ☐ 3 ounces preshredded 4-cheese mexican blend cheese shredded reduced-fat (such as Sargento) (such as Cabot)
- ☐ 0.5 cup cup heavy whipping cream light sour

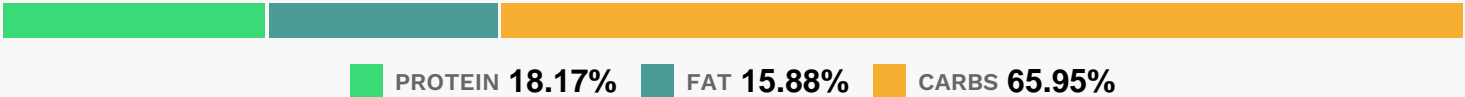
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. While skillet heats, combine first 4 ingredients in a large bowl; mix well. Divide mixture into 8 equal portions, shaping each into a 2-inch patty.
- ☐ Coat pan with cooking spray.
- ☐ Add 4 patties to pan; cook 3 minutes. Carefully turn patties over; cook 1 minute or until lightly browned. Repeat procedure with remaining 4 patties. While patties cook, combine sour cream, lime juice, and chili powder in a small bowl.
- ☐ Arrange cakes on a serving platter. Top each with sour cream mixture.
- ☐ Garnish with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:46.35, Inflammation Score:-8, Nutrition Score:28.169130454893%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 645.91kcal (32.3%), Fat: 11.61g (17.86%), Saturated Fat: 5.96g (37.24%), Carbohydrates: 108.45g (36.15%), Net Carbohydrates: 99.97g (36.35%), Sugar: 4.92g (5.47%), Cholesterol: 30.26mg (10.09%), Sodium: 368.9mg (16.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.89g (59.77%), Manganese: 1.81mg (90.36%), Phosphorus: 675.55mg (67.56%), Magnesium: 234.28mg (58.57%), Zinc: 8.29mg (55.26%), Vitamin B3: 9.62mg (48.08%), Vitamin B2: 0.64mg (37.45%), Folate: 144.62µg (36.16%), Copper: 0.7mg (35.22%), Fiber: 8.48g (33.92%), Selenium: 18.84µg (26.91%), Vitamin B6: 0.52mg (26.03%), Calcium: 247.73mg (24.77%), Vitamin B1: 0.36mg (24.18%), Iron: 3.58mg (19.9%), Potassium: 689.43mg (19.7%), Vitamin B5: 1.53mg (15.26%), Vitamin B12: 0.48µg

(8.06%), Vitamin E: 1.2mg (7.98%), Vitamin A: 295.62IU (5.91%), Vitamin K: 4.51µg (4.3%), Vitamin C: 1.01mg (1.22%),
Vitamin D: 0.16µg (1.09%)