



Southwestern-Style Mashed Potato Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound baking potatoes diced peeled
- 2 tablespoons butter
- 2 ounces cheddar cheese diced extra-sharp reduced-fat finely
- 0.3 cup whole-kernel corn frozen thawed
- 2 large egg whites lightly beaten
- 0.5 cup flour all-purpose
- 2 tablespoons flour all-purpose
- 1 garlic clove minced

- 1 tablespoon pickled jalapeño peppers chopped
- 1 cup panko bread crumbs (Japanese breadcrumbs)
- 0.3 teaspoon salt

Equipment

- bowl
- frying pan
- sauce pan
- potato masher
- colander

Directions

- Place potatoes in a medium saucepan; cover with water. Bring to a boil. Reduce heat, and simmer 8 minutes or until just tender; drain well. Cool to room temperature in colander.
- Place potatoes in a large bowl.
- Add 2 tablespoons flour, salt, and garlic; mash with a fork or potato masher until smooth. Cover and chill 20 minutes.
- Combine cheese, corn, and jalapeos.
- Place 1/2 cup flour in a shallow dish.
- Divide potato mixture into 16 equal portions. Flatten each portion into a 2-inch round patty. Working with one potato patty at a time, top with about 1 1/2 tablespoons cheese mixture. Top with 1 potato patty; press gently to seal edges. Carefully dredge in 1/2 cup flour, brushing off excess.
- Place potato cake on a plate. Repeat procedure with remaining potato patties, cheese mixture, and flour to form 8 potato cakes.
- Place egg whites in a shallow dish.
- Place panko in another shallow dish. Working with one potato cake at a time, dip potato cake in egg whites, allowing excess egg white to drip off. Coat potato cake completely with panko, pressing gently to adhere. Set aside. Repeat procedure with remaining potato cakes, egg whites, and panko.
- Heat a large nonstick skillet over medium-high heat.

- Add butter to pan, swirling until butter melts.
- Add potato cakes to pan; reduce heat to medium, and cook 3 minutes. Carefully turn cakes over; cook 3 minutes or until browned.

Nutrition Facts

PROTEIN 13.71% **FAT 30.43%** **CARBS 55.86%**

Properties

Glycemic Index:46.72, Glycemic Load:13.51, Inflammation Score:-3, Nutrition Score:6.5782608014086%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 172.52kcal (8.63%), Fat: 5.87g (9.03%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 24.25g (8.08%), Net Carbohydrates: 22.75g (8.27%), Sugar: 1.24g (1.37%), Cholesterol: 14.61mg (4.87%), Sodium: 223.78mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.91%), Vitamin B1: 0.2mg (13.4%), Selenium: 9.18µg (13.12%), Manganese: 0.24mg (11.99%), Vitamin B6: 0.23mg (11.44%), Vitamin B2: 0.17mg (10.1%), Folate: 38.03µg (9.51%), Phosphorus: 91.98mg (9.2%), Vitamin B3: 1.75mg (8.74%), Potassium: 294.18mg (8.41%), Calcium: 75.18mg (7.52%), Iron: 1.34mg (7.46%), Vitamin C: 5.65mg (6.85%), Fiber: 1.5g (6%), Magnesium: 22.33mg (5.58%), Copper: 0.1mg (4.97%), Zinc: 0.63mg (4.2%), Vitamin A: 181.6IU (3.63%), Vitamin B5: 0.33mg (3.3%), Vitamin K: 2.31µg (2.2%), Vitamin B12: 0.11µg (1.91%), Vitamin E: 0.22mg (1.49%)