



Spinach-Feta Quinoa Cakes...plus 5 Quick Dinners on the Panini Press

 Vegetarian  Popular

READY IN



35 min.

SERVINGS



8

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 ounces baby spinach chopped
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup bread crumbs
- ☐ 8 servings coarse salt and pepper black freshly ground
- ☐ 1.3 cups quinoa cooked
- ☐ 2 large eggs beaten
- ☐ 2 ounces feta cheese crumbled

- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 0.5 cup greek yogurt plain whole reduced-fat
- ☐ 2 teaspoons juice of lemon freshly squeezed
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 cup onion finely chopped
- ☐ 2 tablespoons scallions finely chopped

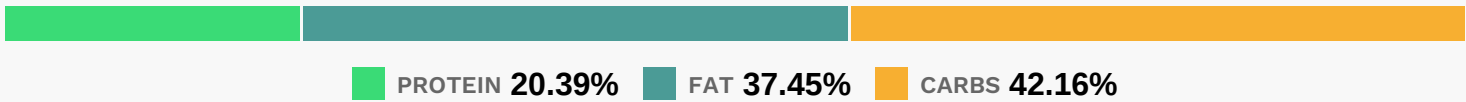
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together the yogurt, scallions, lemon juice, and dill in a small bowl. Season to taste with salt and pepper. Cover and refrigerate the sauce for at least 1 hour to allow the flavors to meld.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:3.31, Inflammation Score:-8, Nutrition Score:13.24391283678%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 131.51kcal (6.58%), Fat: 5.52g (8.49%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 13.97g (4.66%), Net Carbohydrates: 12.19g (4.43%), Sugar: 1.7g (1.89%), Cholesterol: 53.43mg (17.81%), Sodium: 169.36mg (7.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.52%), Vitamin K: 90.67µg (86.35%), Vitamin A: 1780.89IU (35.62%), Manganese: 0.46mg (22.97%), Folate: 66µg (16.5%), Vitamin B2: 0.25mg (14.7%), Phosphorus: 134.39mg (13.44%), Selenium: 9µg (12.86%), Magnesium: 41.5mg (10.37%), Calcium: 96.36mg (9.64%), Vitamin B1: 0.14mg (9.08%), Iron: 1.6mg (8.87%), Vitamin C: 6.84mg (8.29%), Vitamin B6: 0.16mg (8.05%), Fiber: 1.78g (7.12%), Zinc: 0.97mg (6.49%), Potassium: 226.77mg (6.48%), Vitamin E: 0.96mg (6.39%), Copper: 0.12mg (5.95%), Vitamin B12: 0.34µg (5.7%), Vitamin B3: 0.83mg (4.15%), Vitamin B5: 0.37mg (3.73%), Vitamin D: 0.28µg (1.86%)