



Spinach Potato Cakes with Roasted Tomato Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



351 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup breadcrumbs dried
- ☐ 2 tablespoons butter
- ☐ 0.3 cup canola oil
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon lemon zest finely grated
- ☐ 0.5 cup olive oil

- ☐ 2 pounds roma tomatoes halved
- ☐ 6 servings salt and pepper
- ☐ 1 pound pkt spinach

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ cutting board

Directions

- ☐ Preheat oven to 400°F.
- ☐ Arrange the tomatoes in a single layer on a rimmed baking sheet; sprinkle with the salt and pepper, and coat well with the olive oil. Roast for 35 minutes, or until the skins blister. Cool and purée; set aside.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add the butter, melt, then add the spinach and cook, stirring, until wilted.
- ☐ Transfer to a cutting board and let cool. Squeeze the spinach dry and finely chop; place in a large bowl.
- ☐ Add the egg and stir until well combined.
- ☐ Add the mashed potatoes, Parmesan, and lemon zest, and season with more salt and pepper; stir until well combined. Stir in the bread crumbs, 1/4 cup at a time, until the mixture holds together. Pat into 2-inch by 1/2-inch-thick cakes. Dredge in the flour, patting off any excess.
- ☐ Heat the canola oil in a large skillet over medium-high heat until hot but not smoking.
- ☐ Add the cakes and cook until lightly browned, 3 to 5 minutes per side.
- ☐ Arrange the cakes over the roasted tomato sauce. Top with mozzarella, if desired.

Nutrition Facts



 PROTEIN **10.15%**  FAT **48.14%**  CARBS **41.71%**

Properties

Glycemic Index:32.5, Glycemic Load:13.39, Inflammation Score:-10, Nutrition Score:28.533913213274%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg, Kaempferol: 4.96mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 351.28kcal (17.56%), Fat: 19.27g (29.64%), Saturated Fat: 4.18g (26.14%), Carbohydrates: 37.56g (12.52%), Net Carbohydrates: 32.7g (11.89%), Sugar: 5.5g (6.11%), Cholesterol: 41.03mg (13.68%), Sodium: 435.17mg (18.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.14g (18.28%), Vitamin K: 387.51µg (369.06%), Vitamin A: 8510.03IU (170.2%), Manganese: 1.16mg (58.04%), Folate: 230.79µg (57.7%), Vitamin C: 42.06mg (50.99%), Vitamin E: 4.73mg (31.5%), Vitamin B1: 0.46mg (30.41%), Iron: 4.46mg (24.79%), Potassium: 850.58mg (24.3%), Vitamin B2: 0.39mg (22.75%), Magnesium: 89.79mg (22.45%), Selenium: 14.96µg (21.37%), Fiber: 4.86g (19.44%), Vitamin B3: 3.88mg (19.39%), Vitamin B6: 0.31mg (15.69%), Phosphorus: 143.16mg (14.32%), Copper: 0.27mg (13.48%), Calcium: 132.08mg (13.21%), Zinc: 1.18mg (7.85%), Vitamin B5: 0.51mg (5.07%), Vitamin B12: 0.15µg (2.42%), Vitamin D: 0.17µg (1.11%)