



Sweet Potato Chili Cakes with Cilantro Lime Sauce

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



141 kcal

Ingredients

- 0.8 teaspoon double-acting baking powder
- 0.5 teaspoon chipotle chili powder
- 1 large eggs lightly beaten
- 0.8 cup flour all-purpose
- 0.5 cup cilantro leaves fresh minced
- 12 servings cilantro leaves fresh chopped for garnish
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground pepper black

- 0.5 jalapeno diced seeded
- 0.8 teaspoon kosher salt
- 1 lime zest juiced
- 12 servings olive oil for frying
- 1 pinch salt
- 8 ounce cup heavy whipping cream sour
- 4 cups sweet potatoes grated peeled
- 0.3 cup milk whole

Equipment

- bowl
- frying pan

Directions

- In a large bowl, combine the sweet potatoes, jalapeno, flour, baking powder, salt, chili powder, cumin, and black pepper.
- In a small bowl lightly beat the milk and egg until well mixed.
- Add to the sweet potato mixture, stirring, until all the ingredients are well combined.
- Heat a large skillet over medium heat and add enough vegetable oil to cover bottom of skillet. Drop the sweet potato mixture, by rounded teaspoonfuls, into the hot oil. Press lightly to flatten the mixture to the size of a half dollar. Cook until the cakes are golden brown, about 1 to 2 minutes on each side.
- Transfer the cakes to a serving platter. Top each cake with a small amount of Cilantro Lime Cream Sauce and garnish with fresh cilantro.
- In a small bowl, combine the sour cream, cilantro, lime zest, lime juice and a pinch of salt. Cover and refrigerate until ready to serve.

Nutrition Facts



PROTEIN 7.69% **FAT 45.16%** **CARBS 47.15%**

Properties

Glycemic Index:35.67, Glycemic Load:9.02, Inflammation Score:-10, Nutrition Score:9.20043478582222%

Flavonoids

Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg, Hesperetin: 2.4mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg 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: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 140.55kcal (7.03%), Fat: 7.17g (11.04%), Saturated Fat: 2.55g (15.91%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 15.07g (5.48%), Sugar: 2.91g (3.24%), Cholesterol: 27.26mg (9.09%), Sodium: 215.37mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.49%), Vitamin A: 6524.86IU (130.5%), Manganese: 0.19mg (9.27%), Vitamin B2: 0.13mg (7.49%), Selenium: 5.05µg (7.21%), Vitamin B1: 0.11mg (7.16%), Fiber: 1.78g (7.14%), Phosphorus: 64.76mg (6.48%), Vitamin B6: 0.12mg (6.11%), Calcium: 60.62mg (6.06%), Potassium: 209.68mg (5.99%), Folate: 23.38µg (5.85%), Vitamin B5: 0.55mg (5.55%), Vitamin K: 5.5µg (5.24%), Iron: 0.89mg (4.92%), Vitamin E: 0.73mg (4.86%), Copper: 0.09mg (4.63%), Vitamin C: 3.76mg (4.56%), Magnesium: 17mg (4.25%), Vitamin B3: 0.78mg (3.88%), Zinc: 0.34mg (2.29%), Vitamin B12: 0.1µg (1.74%)