

Vegetable Cutlets

 Vegetarian  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



241 kcal

SIDE DISH

Ingredients

- 1.5 cups bread crumbs
- 1 carrots diced peeled
- 0.3 teaspoon cayenne pepper
- 1 eggs
- 0.5 cup green beans fresh trimmed
- 0.5 teaspoon garam masala
- 0.3 cup peas green frozen
- 2 large potatoes diced peeled

- 6 servings salt to taste
- 0.3 cup vegetable oil for frying

Equipment

- bowl
- frying pan
- paper towels
- pot
- potato masher

Directions

- Place the potatoes, carrot, green beans, and peas in a pot with enough water to cover. Bring to a boil, reduce heat to low, cover, and simmer 15 minutes, until potatoes are tender.
- Drain vegetables, transfer to a bowl, and mash with a potato masher, leaving a few small chunks.
- Mix the egg, 3/4 cup bread crumbs, garam masala, cayenne pepper, and salt into the bowl with the mashed vegetables. Form the mixture into small patties about 1/2 inch thick. Dredge the patties in the remaining bread crumbs to coat.
- Heat the oil in a large skillet over medium heat, and fry the coated patties until golden brown.
- Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:42.15, Glycemic Load:16.47, Inflammation Score:-9, Nutrition Score:14.540434681851%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 240.74kcal (12.04%), Fat: 4.16g (6.4%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 43.58g (14.53%), Net Carbohydrates: 38.73g (14.08%), Sugar: 3.79g (4.21%), Cholesterol: 27.28mg (9.09%), Sodium: 417.23mg (18.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.29%), Vitamin A: 1884.65IU (37.69%), Vitamin C: 28.43mg (34.46%), Vitamin B1: 0.39mg (26.2%), Manganese: 0.5mg (24.98%), Vitamin B6: 0.45mg (22.36%), Fiber: 4.85g (19.41%), Potassium: 649.21mg (18.55%), Vitamin B3: 3.39mg (16.97%), Folate: 60.99µg (15.25%), Iron: 2.61mg (14.52%), Phosphorus: 142.99mg (14.3%), Selenium: 9.61µg (13.72%), Vitamin K: 14.33µg (13.65%), Vitamin B2: 0.21mg (12.11%), Magnesium: 46.42mg (11.6%), Copper: 0.23mg (11.45%), Calcium: 76.78mg (7.68%), Vitamin B5: 0.68mg (6.8%), Zinc: 0.97mg (6.44%), Vitamin B12: 0.16µg (2.66%), Vitamin E: 0.4mg (2.65%)