

Vegetarian Cottage Cheese Patties

READY IN



35 min.

SERVINGS



8

CALORIES



169 kcal

SIDE DISH

Ingredients

- 10 ounce cream of mushroom soup canned
- 1.5 cups curd cottage cheese
- 1 teaspoon thyme dried
- 1 ounce onion soup mix dry
- 3 eggs
- 1.5 cups rolled oats quick
- 2 tablespoons vegetable oil for frying ()
- 3 tablespoons wheat germ

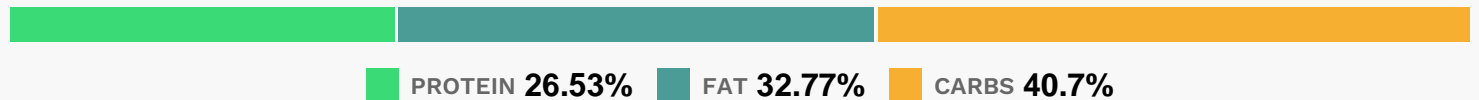
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Beat eggs into a large bowl. Stir in cottage cheese, rolled oats, wheat germ, dry onion soup mix, and dried thyme. Form into 8 patties.
- Heat oil in a skillet over medium heat.
- Place patties in oil, and brown on both sides.
- Remove patties to a 9x13-inch baking dish.
- Pour condensed soup into a small bowl. Stir in 1/2 can of water (or milk) to dilute, then pour over patties.
- Bake in a preheated oven until the soup is bubbly, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:3.89, Inflammation Score:-4, Nutrition Score:9.2817391299683%

Nutrients (% of daily need)

Calories: 168.52kcal (8.43%), Fat: 6.13g (9.44%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 14.98g (5.45%), Sugar: 1.51g (1.68%), Cholesterol: 70.36mg (23.45%), Sodium: 693.98mg (30.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.35%), Manganese: 0.97mg (48.57%), Selenium: 15.39µg (21.98%), Phosphorus: 197.75mg (19.77%), Vitamin B2: 0.21mg (12.34%), Zinc: 1.63mg (10.84%), Vitamin B1: 0.14mg (9.63%), Copper: 0.18mg (9.22%), Magnesium: 36.16mg (9.04%), Fiber: 2.16g (8.63%), Iron: 1.54mg (8.56%), Vitamin B5: 0.8mg (8.03%), Folate: 26.32µg (6.58%), Vitamin B12: 0.39µg (6.43%), Vitamin B6: 0.13mg (6.25%), Calcium: 61.97mg (6.2%), Potassium: 211.49mg (6.04%), Vitamin B3: 0.74mg (3.71%), Vitamin K: 3.8µg (3.62%),

Vitamin A: 153.71IU (3.07%), Vitamin D: 0.37 μ g (2.48%), Vitamin E: 0.34mg (2.27%)