



Veggie bean bakes with salsa

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

SIDE DISH

Ingredients

- ☐ 400 g potatoes cut into small cubes
- ☐ 0.5 turtle beans mixed rinsed drained canned
- ☐ 198 g regular corn drained canned
- ☐ 1 bunch spring onion shredded
- ☐ 100 g cheddar cheese grated
- ☐ 1 eggs beaten
- ☐ 50 g breadcrumbs fresh (from 2 slices)
- ☐ 2 tsp vegetable oil

- ☐ 1 tbsp flour plain
- ☐ 4 tomatoes ripe chopped
- ☐ 2 tbsp pepper flakes

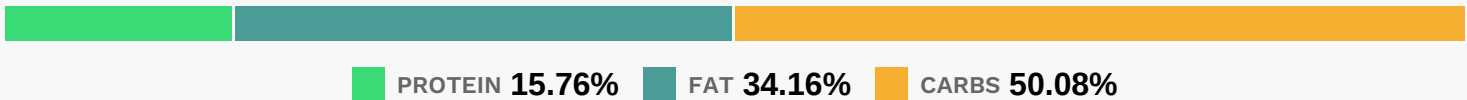
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ grill

Directions

- ☐ Boil the potatoes for 10 mins until tender.
- ☐ Drain, then mash.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Roughly mash the beans with a fork.
- ☐ Mix with the mashed potato, sweetcorn, half the spring onions, all the cheese and half the egg. Season.
- ☐ Toss the breadcrumbs with the oil and seasoning.
- ☐ Put the flour, remaining egg and crumbs onto plates. Take of the mix, pat into a burger, then dip in the flour, egg and crumbs.
- ☐ Place on a nonstick baking sheet. Repeat to make
- ☐ Can be frozen at this stage.
- ☐ Bake for 15 mins, then grill for 2–3 mins until golden.
- ☐ To make the salsa, mix the remaining spring onion with the tomatoes and ketchup. Season and serve on the side.

Nutrition Facts



Properties

Glycemic Index:95.06, Glycemic Load:20.69, Inflammation Score:-8, Nutrition Score:20.286956548691%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 345.45kcal (17.27%), Fat: 13.6g (20.92%), Saturated Fat: 5.8g (36.27%), Carbohydrates: 44.87g (14.96%), Net Carbohydrates: 39.12g (14.23%), Sugar: 7.7g (8.56%), Cholesterol: 65.92mg (21.97%), Sodium: 284.95mg (12.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.12g (28.23%), Vitamin C: 51.21mg (62.07%), Vitamin A: 1597.9IU (31.96%), Vitamin K: 30.89µg (29.42%), Phosphorus: 289.06mg (28.91%), Vitamin B6: 0.56mg (27.79%), Manganese: 0.53mg (26.64%), Potassium: 922.33mg (26.35%), Calcium: 237.28mg (23.73%), Fiber: 5.75g (22.99%), Vitamin B1: 0.33mg (21.83%), Selenium: 14.71µg (21.01%), Folate: 78.75µg (19.69%), Vitamin B2: 0.31mg (18.53%), Vitamin B3: 3.7mg (18.52%), Magnesium: 66.22mg (16.55%), Zinc: 2.1mg (14.02%), Copper: 0.27mg (13.52%), Iron: 2.43mg (13.48%), Vitamin B5: 1.17mg (11.66%), Vitamin E: 1.3mg (8.68%), Vitamin B12: 0.41µg (6.78%), Vitamin D: 0.37µg (2.47%)