



ITALIAN QUINOA PROTEIN PATTIES

How about a fun, tasty, plant-predominant snack? :D

 15 minutes

 30 minutes

 9 portions

INGREDIENTS

- 3 large units of egg, whole, raw, fresh [150 g]
- 2 cups of quinoa, cooked [370 g]
- 1/2 tsp of salt, table [3 g]
- 1 cup of bread, crumbs, dry, grated, seasoned [120 g]
- 1/4 cup, grated of cheese, parmesan, low sodium [25 g]
- 1 cup of spinach, frozen, chopped or leaf, unprepared [156 g]
- 2 cloves of garlic, raw [6 g]
- 1/2 cup, chopped of onions, raw [80 g]
- 1/4 cup of tomatoes, sun-dried [14 g]
- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 1/2 grams of italian Seasoning

COOKING METHOD

- 1° Whisk together the eggs, Italian seasoning, and salt. Stir in the quinoa, bread crumbs, parmesan, spinach, garlic, onion, and chopped sun dried tomatoes. Heat a large skillet with olive oil. Form the mixture into 9 patties and pan fry a few at a time for 2 to 3 minutes per side. Enjoy!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (104 g)	% DRI
ENERGY	157 kcal	163 kcal	8 %
FAT	5 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	8 %
CHOLESTEROL	62 mg	64 mg	21 %
SODIUM	434 mg	452 mg	19 %
CARBOHYDRATE	20 g	21 g	7 %
SUGARS	2 g	2 g	—
FIBER	3 g	3 g	11 %
PROTEIN	8 g	8 g	—