

Italian Quinoa Patties

Yield: 20 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-quinoa-recipe>

Ingredients:

- 1/2 onion medium, chopped, about 3/4 -1 cup
- 1 teaspoon minced garlic
- 1 tablespoon olive oil
- salt
- pepper
- 4 cups quinoa cooked and cooled
- 3/4 cup grated romano cheese finely, I use Locatelli
- 1 cup seasoned bread crumbs Italian
- 1/4 cup fresh basil chopped
- 1/2 cup Italian parsley fresh, chopped
- 4 large eggs
- 1/2 cup milk
- olive oil for frying

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 45 milligrams
4. Fat: 6 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 150 milligrams
9. Sugar: 1 grams

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