

Swiss Chard Patties aka Swiss Chard Cakes

Yield: 24 min
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/swiss-chard-tomato-garlic-recipe>

Ingredients:

- 1 bunch Swiss chard
- 4 cups parsnips
- 1/8 cup onions
- 1/2 teaspoon garlic
- 2 eggs
- 55 grams all-purpose flour
- Parmesan cheese grated 1/4 cup
- 1/4 cup cheddar cheese
- 1/4 cup cilantro
- 1 teaspoon salt
- 1/2 teaspoon pepper
- oil to shallow fry - 1/4 cup or more.

Nutrition:

1. Calories: 50 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 20 milligrams
4. Fat: 2 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 150 milligrams
9. Sugar: 1 grams

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