

Fried Spinach Patties

*"Fruits of the Spirit" (2001) - Pat Sanyer
Grapevine United Methodist Church - Port St. Lucie, FL*

1 large can spinach, drained
2 eggs
1/2 cup flour
1/2 small onion
1/2 teaspoon garlic salt
1/2 teaspoon lemon pepper
1/2 teaspoon cumin powder
1/2 cup lemon juice
salt (to taste) (optional)
pepper (to taste) (optional)

In a bowl, mix the spinach, eggs, flour, onion, garlic salt, lemon pepper and cumin powder.

Heat a griddle with cooking oil. Drop tablespoon size drops of mixture onto the hot griddle making sure there is enough room between them to flatten them out with a spatula. Brown on one side. Turn and brown on the other side.

When done, squeeze lemon juice on each patty. Salt and pepper, if desired.

Per Serving (excluding unknown items): 442 Calories; 11g Fat (22.0% calories from fat); 21g Protein; 66g Carbohydrate; 5g Dietary Fiber; 424mg Cholesterol; 1364mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 1 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	442
% Calories from Fat:	22.0%
% Calories from Carbohydrates:	59.0%
% Calories from Protein:	18.9%
Total Fat (g):	11g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	424mg
Carbohydrate (g):	66g
Dietary Fiber (g):	5g
Protein (g):	21g
	1364mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	1.3mcg
Thiamin B1 (mg):	.7mg
Riboflavin B2 (mg):	.9mg
Folacin (mcg):	149mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.00%

Food Exchanges

Grain (Starch):	3
Lean Meat:	1 1/2
	1
	1

Sodium (mg):
Potassium (mg): 624mg
Calcium (mg): 120mg
Iron (mg): 6mg
Zinc (mg): 2mg
Vitamin C (mg): 68mg
Vitamin A (i.u.): 2540IU
Vitamin A (r.e.): 345RE

Vegetable:
Fruit: 1/2
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	442	Calories from Fat: 97
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% Daily Values*

Total Fat	11g	17%
Saturated Fat	3g	16%
Cholesterol	424mg	141%
Sodium	1364mg	57%
Total Carbohydrates	66g	22%
Dietary Fiber	5g	19%
Protein	21g	
Vitamin A		51%
Vitamin C		114%
Calcium		12%
Iron		35%

* Percent Daily Values are based on a 2000 calorie diet.