



## Amish Hash Browns

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



189 kcal

SIDE DISH

### Ingredients

- 1 teaspoon double-acting baking powder
- 2 eggs
- 0.5 cup flour
- 1 onion minced
- 5 cups potatoes shredded peeled
- 2 teaspoons salt
- 0.3 cup vegetable oil
- 0.3 cup cornmeal yellow

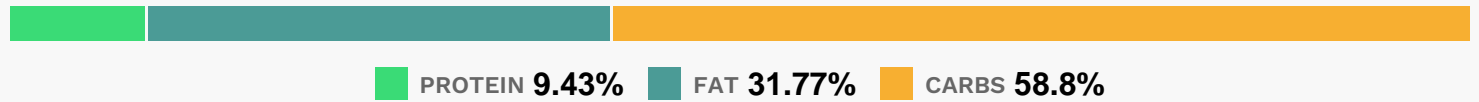
## Equipment

- bowl
- frying pan
- oven

## Directions

- In a large bowl, mix together the flour, cornmeal, salt and baking powder.
- Add potatoes, 1/3 cup of oil, eggs and onion and mix until evenly blended.
- Heat 1/4 cup of oil in a large skillet over medium-high heat. Drop heaping tablespoons of the potatoes into the hot oil, flattening slightly. Cook until browned on the bottom and then flip and cook on the other side. Keep in a warm oven while frying the rest.

## Nutrition Facts



## Properties

Glycemic Index:34.63, Glycemic Load:19.51, Inflammation Score:-3, Nutrition Score:8.4352173546086%

## Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

## Nutrients (% of daily need)

Calories: 189.33kcal (9.47%), Fat: 6.77g (10.41%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 28.18g (9.39%), Net Carbohydrates: 25.01g (9.1%), Sugar: 1.42g (1.58%), Cholesterol: 32.74mg (10.91%), Sodium: 527.07mg (22.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Vitamin C: 21.5mg (26.06%), Vitamin B6: 0.37mg (18.6%), Potassium: 494.18mg (14.12%), Manganese: 0.26mg (12.76%), Fiber: 3.16g (12.66%), Vitamin K: 12.12μg (11.54%), Phosphorus: 107.9mg (10.79%), Vitamin B1: 0.16mg (10.5%), Folate: 36.27μg (9.07%), Magnesium: 33.47mg (8.37%), Iron: 1.49mg (8.3%), Vitamin B3: 1.63mg (8.13%), Selenium: 5.51μg (7.87%), Copper: 0.15mg (7.31%), Vitamin B2: 0.11mg (6.62%), Vitamin B5: 0.52mg (5.18%), Calcium: 45.11mg (4.51%), Zinc: 0.65mg (4.31%), Vitamin E: 0.57mg (3.83%), Vitamin B12: 0.08μg (1.31%), Vitamin D: 0.18μg (1.17%)