



Asiago Potato Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons asiago cheese grated
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 large eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons green onions sliced
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons olive oil as needed plus more

- ☐ 2 russet potatoes chilled
- ☐ 1 tablespoon shallots minced

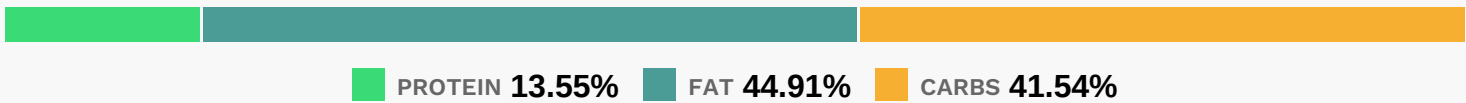
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Peel and coarsely grate the potatoes.
- ☐ Whisk together eggs and next 7 ingredients. Stir in potatoes, mixing thoroughly but gently.
- ☐ Heat 2 tablespoons olive oil in a nonstick skillet over medium heat. Spoon potato mixture into skillet, forming pancakes about 3 inches in diameter. Cook 3 to 4 minutes, turning once, until golden brown. Repeat with remaining potato mixture, adding oil as necessary. Keep warm.

Nutrition Facts



Properties

Glycemic Index:23.4, Glycemic Load:5.46, Inflammation Score:-1, Nutrition Score:2.890869570815%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 68.89kcal (3.44%), Fat: 3.49g (5.37%), Saturated Fat: 0.8g (5%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 6.71g (2.44%), Sugar: 0.35g (0.39%), Cholesterol: 31.85mg (10.62%), Sodium: 224.91mg (9.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin B6: 0.14mg (7.09%), Potassium: 168.06mg (4.8%), Phosphorus: 46.38mg (4.64%), Selenium: 3.21µg (4.59%), Vitamin K: 4.3µg (4.1%), Manganese: 0.08mg (3.88%), Vitamin B2: 0.06mg (3.42%), Iron: 0.54mg (2.99%), Vitamin E: 0.44mg (2.91%), Vitamin C: 2.28mg (2.76%), Folate: 11.06µg (2.76%), Vitamin B1: 0.04mg (2.6%), Magnesium: 10.37mg (2.59%), Calcium: 25.69mg (2.57%), Vitamin B5: 0.25mg (2.47%), Copper: 0.05mg (2.33%), Fiber: 0.55g (2.21%), Vitamin B3: 0.42mg (2.11%), Zinc: 0.26mg (1.72%), Vitamin B12: 0.09µg (1.49%), Vitamin A: 65.58IU (1.31%), Vitamin D: 0.17µg (1.15%)