



Authentic Potato Pancakes

 Vegetarian  Vegan  Dairy Free

READY IN



50 min.

SERVINGS



10

CALORIES



294 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 carrots shredded peeled
- 2 cups breadcrumbs dry
- 1 tablespoon flat parsley chopped
- 2 tablespoons flour all-purpose
- 1 tablespoon optional: dill fresh chopped
- 5 cloves garlic crushed
- 2 tablespoons juice of lemon fresh
- 10 servings olive oil for frying as needed

- 1 onion diced finely
- 10 baking potatoes shredded peeled
- 10 servings salt and pepper to taste

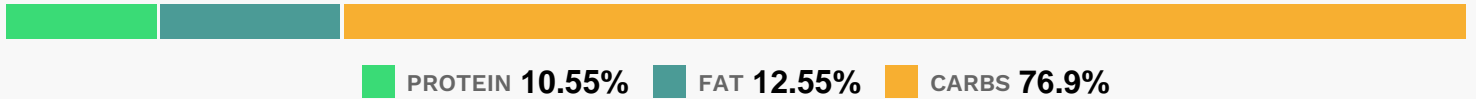
Equipment

- bowl
- frying pan

Directions

- Mix potatoes, carrot, onion, garlic, parsley, and dill in a large bowl. Stir in lemon juice, 1/4 cup of olive oil, flour, bread crumbs, salt, and pepper. Knead just until mixture holds together.
- Heat the remaining 1/4 cup olive oil in a skillet over medium heat. Working in batches, drop spoonfuls of potato mixture in hot oil. Cook approximately 4 minutes per side, or until golden brown.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:31.06, Glycemic Load:31.67, Inflammation Score:-8, Nutrition Score:14.779130407002%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 293.76kcal (14.69%), Fat: 4.17g (6.42%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 57.52g (19.17%), Net Carbohydrates: 53.33g (19.39%), Sugar: 3.51g (3.9%), Cholesterol: 0mg (0%), Sodium: 367.82mg (15.99%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.79%), Vitamin B6: 0.8mg (40.18%), Manganese: 0.59mg (29.66%), Potassium: 979.42mg (27.98%), Vitamin B1: 0.41mg (27.23%), Vitamin A: 1058.51IU (21.17%), Vitamin B3: 3.82mg (19.09%), Vitamin C: 15.51mg (18.8%), Iron: 3.06mg (16.99%), Fiber: 4.19g (16.78%), Phosphorus: 162.53mg (16.25%), Magnesium: 61.22mg (15.31%), Folate: 60.24µg (15.06%), Copper: 0.29mg (14.47%), Vitamin K: 14.38µg (13.7%), Vitamin B2: 0.17mg (10.23%), Selenium: 7.08µg (10.12%), Vitamin B5: 0.81mg (8.12%), Calcium: 75.66mg (7.57%), Zinc: 1mg (6.66%), Vitamin E: 0.49mg (3.29%), Vitamin B12: 0.08µg (1.26%)