



Bacon and Sage Potato Pancakes

 Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

136 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bacon diced
- ☐ 2 eggs
- ☐ 4 tablespoons flour all-purpose
- ☐ 3 garlic cloves
- ☐ 4 idaho potatoes peeled quartered
- ☐ 1 onion red quartered
- ☐ 6 sage leaves finely chopped
- ☐ 12 servings salt and pepper black freshly ground

☐ 12 servings vegetable oil for frying

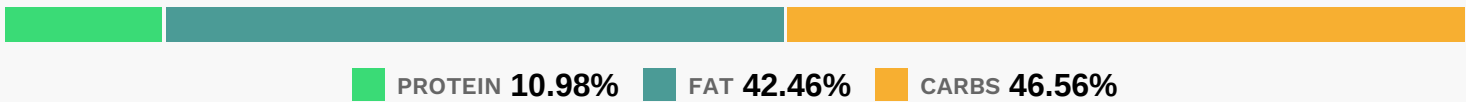
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ grater

Directions

- ☐ Watch how to make this recipe.
- ☐ Special Equipment: Food Processor
- ☐ In a large cast iron skillet over medium heat, cook bacon until crispy.
- ☐ Remove to a paper towel-lined plate. Discard bacon fat in the pan. In a food processor fitted with the grater attachment, push potato, onion and garlic through the grater.
- ☐ Remove mixture to a towel and squeeze out excess liquid.
- ☐ Place potato mixture in a large bowl and mix in sage, eggs, flour, cooked bacon and salt and pepper, to taste. Fill the skillet with 1/4-inch of vegetable oil and heat until it ripples. Once the oil is preheated, form potato cakes, measuring roughly 3 inches in diameter, and add to the pan. Continue forming patties, working in batches. Cook pancakes until crispy and nicely browned, pressing down on the pancakes periodically to flatten, about 2 minutes per side.
- ☐ Remove to a paper towel lined plate. Keep cooked pancakes warm in a preheated 275 degree F oven while remaining pancakes cook.

Nutrition Facts



Properties

Glycemic Index:20.73, Glycemic Load:11.74, Inflammation Score:-2, Nutrition Score:5.2095652144888%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 136.07kcal (6.8%), Fat: 6.51g (10.01%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 16.06g (5.35%), Net Carbohydrates: 14.87g (5.41%), Sugar: 0.87g (0.97%), Cholesterol: 32.12mg (10.71%), Sodium: 63.08mg (2.74%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.79g (7.57%), Vitamin B6: 0.3mg (14.93%), Potassium: 341.19mg (9.75%), Manganese: 0.17mg (8.53%), Copper: 0.15mg (7.69%), Selenium: 5.01µg (7.16%), Vitamin B1: 0.11mg (7.13%), Phosphorus: 70.8mg (7.08%), Vitamin K: 6.67µg (6.35%), Vitamin C: 4.96mg (6.01%), Vitamin B3: 1.2mg (6%), Iron: 0.93mg (5.16%), Magnesium: 19.95mg (4.99%), Folate: 19.74µg (4.94%), Fiber: 1.19g (4.76%), Vitamin B2: 0.08mg (4.63%), Vitamin B5: 0.39mg (3.95%), Zinc: 0.43mg (2.87%), Vitamin E: 0.35mg (2.33%), Calcium: 18.12mg (1.81%), Vitamin B12: 0.1µg (1.7%), Vitamin D: 0.18µg (1.17%)