



Bacon Potato Pancakes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



242 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices bacon
- 2 eggs
- 0.3 cup flour all-purpose
- 1 tablespoon thyme sprigs fresh chopped
- 4 garlic clove minced
- 6 servings pepper black to taste
- 4 baking potatoes shredded peeled
- 6 servings vegetable oil for frying or as needed

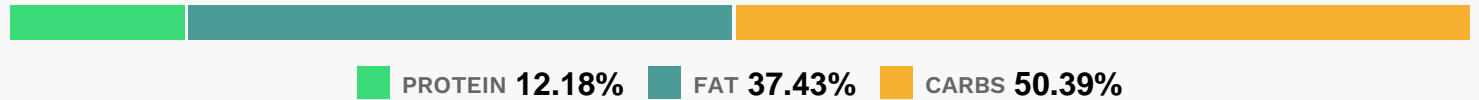
Equipment

- bowl
- frying pan
- paper towels

Directions

- Cook bacon in a skillet over medium heat until crisp, 3 to 5 minutes.
- Transfer to a paper towel-lined plate to drain; let cool and crumble. Reserve bacon drippings in skillet.
- Combine crumbled bacon, potatoes, flour, eggs, garlic, thyme, salt, and black pepper in a large bowl.
- Pour vegetable oil about 1/4-inch deep into skillet with bacon drippings and place over medium heat; heat until the oil and bacon drippings shimmer.
- Gently drop potato mixture by heaping tablespoon into hot oil and flatten potatoes into small patties about 3 inches in diameter. Cook until browned, about 3 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:44.46, Glycemic Load:23.31, Inflammation Score:-8, Nutrition Score:9.8304347680963%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 242.43kcal (12.12%), Fat: 10.21g (15.71%), Saturated Fat: 2.89g (18.06%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 28.72g (10.44%), Sugar: 0.97g (1.08%), Cholesterol: 64.24mg (21.41%), Sodium: 125.59mg (5.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.96%), Vitamin B6: 0.59mg (29.26%), Potassium: 663.45mg (18.96%), Manganese: 0.33mg (16.52%), Selenium: 10.07µg (14.39%), Vitamin B1: 0.21mg

(13.89%), Phosphorus: 138.34mg (13.83%), Vitamin C: 10.59mg (12.83%), Vitamin B3: 2.41mg (12.07%), Iron: 2.03mg (11.26%), Magnesium: 39.86mg (9.97%), Vitamin B2: 0.16mg (9.37%), Folate: 36.91µg (9.23%), Copper: 0.18mg (9.21%), Fiber: 2.22g (8.87%), Vitamin B5: 0.77mg (7.75%), Vitamin K: 7.96µg (7.58%), Zinc: 0.86mg (5.71%), Calcium: 36.98mg (3.7%), Vitamin B12: 0.2µg (3.4%), Vitamin E: 0.47mg (3.11%), Vitamin A: 142.2IU (2.84%), Vitamin D: 0.35µg (2.35%)