



## Bisquick® Potato Pancakes

 Gluten Free

READY IN



15 min.

SERVINGS



16

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 eggs
- ☐ 0.3 cup milk
- ☐ 20 oz hash browns shredded refrigerated
- ☐ 2 tablespoons spring onion thinly sliced finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter
- ☐ 0.5 cup frangelico

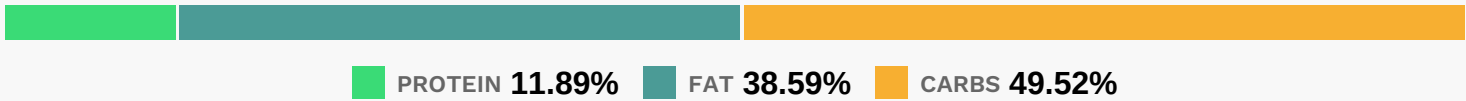
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

## Directions

- ☐ Beat eggs in medium bowl with hand beater until fluffy. Stir in milk, potatoes, Bisquick, onions and salt. Melt 1 tablespoon of the butter in 12-inch nonstick skillet over medium heat.
- ☐ Using 1/4 cup potato mixture for each pancake, place 8 mounds into skillet. Flatten each with spatula to about 4 inches in diameter.
- ☐ Cook pancakes about 3 to 4 minutes on each side or until golden brown.
- ☐ Remove from skillet; cover to keep warm. Repeat with remaining tablespoon butter and potato mixture.
- ☐ Add additional butter as needed to prevent sticking.

## Nutrition Facts



## Properties

Glycemic Index:6.31, Glycemic Load:1.87, Inflammation Score:-1, Nutrition Score:1.9873913085979%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 52.03kcal (2.6%), Fat: 2.27g (3.5%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 6.57g (2.19%), Net Carbohydrates: 6.05g (2.2%), Sugar: 0.22g (0.25%), Cholesterol: 20.92mg (6.97%), Sodium: 106.35mg (4.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Vitamin C: 3.05mg (3.7%), Potassium: 117.12mg (3.35%), Phosphorus: 32.08mg (3.21%), Vitamin B3: 0.6mg (3.01%), Manganese: 0.05mg (2.74%), Selenium: 1.87µg (2.67%), Vitamin B1: 0.04mg (2.62%), Iron: 0.46mg (2.53%), Vitamin B6: 0.04mg (2.16%), Vitamin B5: 0.22mg (2.15%), Vitamin B2: 0.04mg (2.15%), Vitamin A: 105.95IU (2.12%), Fiber: 0.52g (2.06%), Copper: 0.04mg (1.99%), Vitamin K: 1.58µg (1.51%), Magnesium: 5.22mg (1.3%), Calcium: 12.42mg (1.24%), Vitamin B12: 0.07µg (1.19%), Folate: 4.5µg (1.12%), Zinc: 0.16mg (1.09%), Vitamin D: 0.15µg (1.01%)