



HEALTH SCORE

98%

Butternut Squash Rösti Cakes



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



1326 kcal

Ingredients



1.5 pounds baking potatoes shredded peeled



1 butternut squash shredded peeled



1 serving ground pepper



0.5 cup cornstarch



2 large eggs (large)



0.5 cup onion minced



1 serving salt



1 serving carrot sour for garnish



1 serving vegetable oil for frying

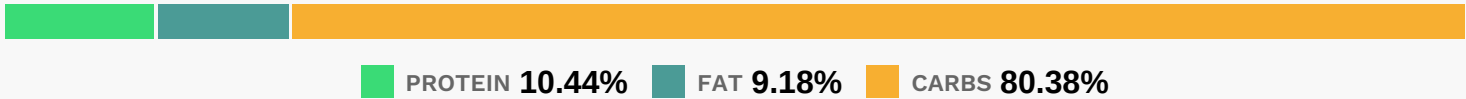
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a bowl, combine the shredded squash and potatoes with the cornstarch, eggs and onion and season with salt and cayenne. In a large nonstick skillet, heat 1/8 inch of oil until shimmering.
- ☐ Add 2-tablespoon-size mounds of the mixture to the skillet and cook over moderate heat, turning once, until golden and cooked through, 4 to 5 minutes.
- ☐ Drain on paper towels and repeat, adding more oil to the skillet as needed and wiping out the pan occasionally. Top the rsti cakes with sour cream, caviar and chives and serve hot.

Nutrition Facts



Properties

Glycemic Index:143.75, Glycemic Load:98.54, Inflammation Score:-10, Nutrition Score:69.455652775972%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 1326.39kcal (66.32%), Fat: 14.13g (21.73%), Saturated Fat: 4.01g (25.07%), Carbohydrates: 278.37g (92.79%), Net Carbohydrates: 252.05g (91.65%), Sugar: 24.69g (27.43%), Cholesterol: 375.74mg (125.25%), Sodium: 410.28mg (17.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.17g (72.34%), Vitamin A: 81108.6IU (1622.17%), Vitamin C: 203.87mg (247.11%), Vitamin B6: 3.82mg (190.94%), Potassium: 5776.47mg (165.04%), Manganese: 2.79mg (139.45%), Magnesium: 436.65mg (109.16%), Fiber: 26.33g (105.3%), Vitamin B1: 1.39mg (92.91%), Folate: 362.83µg (90.71%), Phosphorus: 861.11mg (86.11%), Vitamin E: 12.83mg (85.53%), Vitamin

B3: 16.4mg (82.01%), Iron: 13.48mg (74.91%), Copper: 1.38mg (69.23%), Vitamin B5: 6.69mg (66.89%), Selenium: 39.94µg (57.06%), Calcium: 527.43mg (52.74%), Vitamin B2: 0.88mg (51.7%), Zinc: 4.62mg (30.82%), Vitamin K: 27.87µg (26.55%), Vitamin B12: 0.97µg (16.17%), Vitamin D: 2.12µg (14.14%)