



Casey Lauren's Cheesy Crab Sweet Potato Hashbrowns

 Gluten Free

READY IN



60 min.

SERVINGS



30

CALORIES



66 kcal

SIDE DISH

Ingredients

- 1 teaspoon chili powder
- 2 eggs
- 1 tablespoon parsley fresh chopped for garnish
- 7 ounces imitation crabmeat flaked
- 0.3 cup lemon zest
- 0.3 cup mayonnaise
- 30 servings salt and pepper black to taste

- 2 tablespoons seafood seasoning old bay® (such as)
- 1 cup mozzarella cheese shredded
- 2 sweet potatoes shredded peeled
- 0.3 cup vegetable oil
- 2 tablespoons mustard yellow prepared

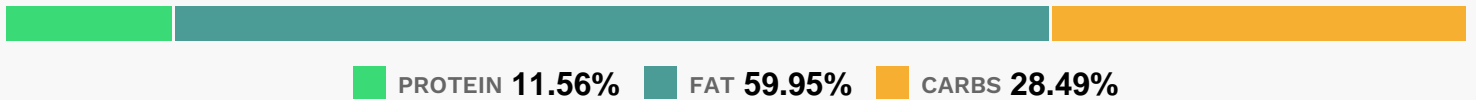
Equipment

- frying pan
- whisk
- mixing bowl

Directions

- Beat the eggs in a mixing bowl; whisk in the mayonnaise, mustard, seafood seasoning, and chili powder.
- Add the sweet potatoes, crabmeat, mozzarella cheese, and lemon zest. Season to taste with salt and pepper; mix until evenly combined.
- Heat the vegetable oil in a large skillet over medium heat. Scoop heaping spoonfuls of the sweet potato mixture into the heated pan. Flatten into 3-inch circles and cook until golden brown, about 3 minutes per side. Repeat with remaining sweet potato mixture.
- Sprinkle with parsley to garnish.

Nutrition Facts



Properties

Glycemic Index:6.63, Glycemic Load:1.53, Inflammation Score:-8, Nutrition Score:4.0621739600016%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 65.69kcal (3.28%), Fat: 4.4g (6.77%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 4g (1.45%), Sugar: 0.97g (1.08%), Cholesterol: 15.37mg (5.12%), Sodium: 290.97mg (12.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.82%), Vitamin A: 2218.93IU (44.38%), Vitamin K: 11.17µg (10.64%), Manganese: 0.07mg (3.26%), Calcium: 30.05mg (3%), Selenium: 2.05µg (2.93%), Phosphorus: 28.41mg (2.84%), Fiber: 0.71g (2.84%), Vitamin B6: 0.05mg (2.26%), Vitamin E: 0.32mg (2.15%), Vitamin B2: 0.04mg (2.12%), Vitamin C: 1.61mg (1.95%), Vitamin B12: 0.11µg (1.89%), Potassium: 64.72mg (1.85%), Vitamin B5: 0.18mg (1.81%), Iron: 0.3mg (1.68%), Magnesium: 6.25mg (1.56%), Copper: 0.03mg (1.52%), Zinc: 0.22mg (1.44%), Vitamin B1: 0.02mg (1.17%), Folate: 4.15µg (1.04%)