



## Cheddar-Potato Cakes

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



121 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup suya seasoning mix frozen (from 10- to 12-oz bag)
- ☐ 1 cup hash browns shredded refrigerated cooked (from 20-oz bag)
- ☐ 1 cup potatoes refrigerated mashed (from 24-oz container)
- ☐ 2 oz sharp cheddar cheese shredded
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 0.5 cup milk
- ☐ 1 eggs lightly beaten

- ☐ 3 tablespoons olive oil
- ☐ 1 serving cream sour
- ☐ 1 cup frangelico

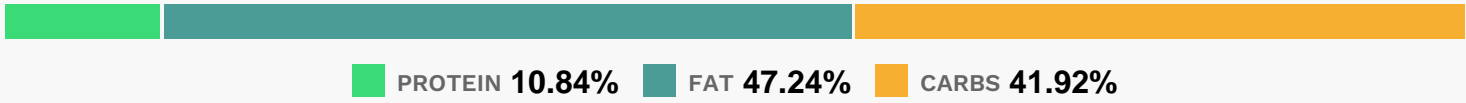
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ In 12-inch nonstick skillet or griddle, heat 1 teaspoon oil over medium-high heat. Cook vegetable seasoning blend in oil 5 minutes, stirring occasionally, until tender.
- ☐ Remove from heat.
- ☐ In large bowl, stir vegetable seasoning blend, both potatoes, Bisquick mix, cheese and thyme.
- ☐ Add milk and egg, stirring just until moist.
- ☐ In same skillet, heat 1 tablespoon of the oil over medium heat. Spoon one-third of the batter into 4 (1/4-cup) mounds onto hot skillet; flatten slightly. Cook 4 to 6 minutes, turning once, until lightly browned.
- ☐ Remove from skillet; cover to keep warm. Repeat twice with remaining 2 tablespoons oil and batter.
- ☐ Serve with sour cream, if desired.

## Nutrition Facts



## Properties

Glycemic Index:19.15, Glycemic Load:3.48, Inflammation Score:-6, Nutrition Score:11.21086952479%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 120.77kcal (6.04%), Fat: 6.86g (10.55%), Saturated Fat: 2.03g (12.68%), Carbohydrates: 13.7g (4.57%), Net Carbohydrates: 8.83g (3.21%), Sugar: 1.09g (1.21%), Cholesterol: 20.17mg (6.72%), Sodium: 47.75mg (2.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.08%), Vitamin K: 64.1µg (61.04%), Manganese: 0.55mg (27.6%), Iron: 4.09mg (22.71%), Calcium: 211.64mg (21.16%), Fiber: 4.87g (19.46%), Vitamin E: 2.44mg (16.24%), Vitamin B6: 0.19mg (9.35%), Magnesium: 36.14mg (9.03%), Potassium: 275.03mg (7.86%), Folate: 29.79µg (7.45%), Phosphorus: 73.07mg (7.31%), Vitamin C: 5.65mg (6.85%), Vitamin B2: 0.12mg (6.76%), Vitamin A: 273.71IU (5.47%), Copper: 0.1mg (5.25%), Vitamin B3: 0.96mg (4.78%), Selenium: 3.24µg (4.63%), Zinc: 0.62mg (4.16%), Vitamin B1: 0.06mg (3.82%), Vitamin B5: 0.32mg (3.17%), Vitamin B12: 0.14µg (2.33%), Vitamin D: 0.21µg (1.42%)