



Cheesy Potato Cakes

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



255 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 eggs
- 1 cup flour all-purpose
- 0.3 teaspoon ground pepper black
- 1 tablespoon milk
- 1 cup potatoes leftover mashed
- 1.5 cups potatoes raw grated
- 2 tablespoons ranch dressing
- 0.3 teaspoon salt

- 0.5 cup cheddar cheese shredded
- 2 tablespoons vegetable oil

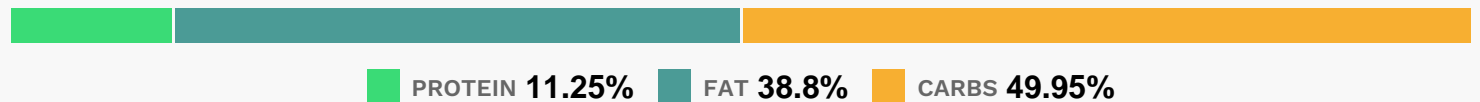
Equipment

- bowl
- frying pan

Directions

- Mix grated potatoes with flour in a large bowl.
- Stir Cheddar cheese and mashed potatoes into the grated potato mixture; season with salt and pepper.
- Beat egg, ranch dressing, and milk together in a separate bowl; pour mixture into potatoes and stir.
- Heat vegetable in a large skillet over medium heat.
- Drop tablespoon size scoops of the potato mixture into the hot oil.
- Pan-fry until golden brown, 3 to 4 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:56.58, Glycemic Load:22.81, Inflammation Score:-4, Nutrition Score:10.013478222101%

Flavonoids

Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 255.4kcal (12.77%), Fat: 11.02g (16.96%), Saturated Fat: 3.18g (19.87%), Carbohydrates: 31.93g (10.64%), Net Carbohydrates: 29.42g (10.7%), Sugar: 1.15g (1.28%), Cholesterol: 38.3mg (12.77%), Sodium: 220.58mg (9.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.39%), Vitamin C: 17.24mg (20.89%), Selenium: 12.47µg (17.81%), Vitamin K: 17.15µg (16.34%), Vitamin B1: 0.24mg (16.1%), Manganese: 0.29mg (14.6%), Vitamin B6: 0.29mg (14.48%), Folate: 57.76µg (14.44%), Phosphorus: 141.98mg (14.2%), Vitamin B2: 0.21mg (12.58%), Potassium: 416.11mg (11.89%), Vitamin B3: 2.17mg (10.84%), Iron: 1.82mg (10.1%), Fiber: 2.51g (10.03%), Calcium: 89.21mg (8.92%),

Magnesium: 28.83mg (7.21%), Copper: 0.14mg (6.75%), Zinc: 0.86mg (5.73%), Vitamin B5: 0.55mg (5.52%), Vitamin E: 0.65mg (4.35%), Vitamin B12: 0.19µg (3.12%), Vitamin A: 142.11IU (2.84%), Vitamin D: 0.24µg (1.57%)