



## Cheesy Potato Pancakes with Veggies

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 tsp pepper black
- 10 oz broccoli frozen thawed drained chopped well
- 0.3 cup butter ()
- 4 eggs lightly beaten
- 8 oz mild cheddar cheese shredded divided kraft
- 0.5 cup onion chopped
- 1 drops pepper sauce hot
- 3 cups potatoes shredded drained well

- 0.5 tsp salt
- 0.5 tsp thyme leaves dried crushed

## Equipment

- frying pan
- baking sheet
- paper towels
- broiler

## Directions

- Preheat broiler.
- Mix potatoes, broccoli, 1 cup of the cheese, the eggs, onion and seasonings.
- Melt 1 Tbsp. of the butter in large nonstick skillet on medium heat. Spoon 2 Tbsp. of the potato mixture into skillet; press lightly to flatten. Repeat with the remaining potato mixture, allowing about 1 inch between pancakes. (You should be able to cook 6 to 8 pancakes at a time.) Cook 2 to 3 min. on each side or until crisp and golden brown on both sides.
- Drain on paper towels; place on ungreased baking sheets. Repeat with remaining potato mixture, adding remaining butter as needed.
- Sprinkle evenly with cheese.
- Broil pancakes, 4 to 6 inches from heat, 1 to 2 min. or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:7.05, Glycemic Load:2.5, Inflammation Score:-2, Nutrition Score:3.4513043761253%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

## Nutrients (% of daily need)

Calories: 62.9kcal (3.15%), Fat: 4.04g (6.21%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.47g (1.26%), Sugar: 0.42g (0.46%), Cholesterol: 25.19mg (8.4%), Sodium: 102.64mg (4.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Vitamin C: 10.98mg (13.31%), Vitamin K: 8.83µg (8.41%), Phosphorus: 56.34mg (5.63%), Calcium: 55.8mg (5.58%), Selenium: 3.65µg (5.21%), Vitamin B6: 0.08mg (4.17%), Vitamin A: 201.69IU (4.03%), Vitamin B2: 0.07mg (4.01%), Potassium: 117.82mg (3.37%), Folate: 12.17µg (3.04%), Manganese: 0.05mg (2.67%), Zinc: 0.39mg (2.62%), Fiber: 0.65g (2.62%), Magnesium: 8.54mg (2.14%), Vitamin B5: 0.21mg (2.08%), Vitamin B12: 0.12µg (1.92%), Iron: 0.31mg (1.71%), Vitamin B1: 0.03mg (1.69%), Copper: 0.03mg (1.53%), Vitamin E: 0.22mg (1.45%), Vitamin B3: 0.25mg (1.26%)