

Corn Potato Pancakes

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons canola oil divided
- 0.3 cup corn cream-style
- 1 eggs beaten
- 0.3 cup flour all-purpose
- 1 teaspoon parsley fresh minced
- 0.5 teaspoon garlic minced
- 3 tablespoons onion finely chopped
- 0.1 teaspoon pepper

- 2 cups potatoes (with added milk and butter) mashed
- 0.5 teaspoon salt

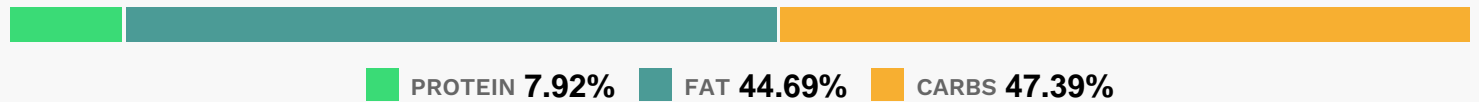
Equipment

- bowl
- frying pan

Directions

- In a large bowl, combine the first nine ingredients. In a large skillet, heat 1 tablespoon oil; drop four 1/4 cupfuls of batter into skillet. Cook for 1-2 minutes on each side or until golden brown. Repeat with remaining oil and batter.

Nutrition Facts



Properties

Glycemic Index:46.63, Glycemic Load:11.96, Inflammation Score:-2, Nutrition Score:5.8865216970444%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 155.39kcal (7.77%), Fat: 7.86g (12.1%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 16.85g (6.13%), Sugar: 1.15g (1.27%), Cholesterol: 27.28mg (9.09%), Sodium: 236.61mg (10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.27%), Vitamin C: 14.7mg (17.82%), Vitamin B6: 0.24mg (11.86%), Potassium: 333.67mg (9.53%), Vitamin E: 1.32mg (8.81%), Manganese: 0.17mg (8.42%), Fiber: 1.91g (7.64%), Folate: 29.75µg (7.44%), Vitamin B1: 0.11mg (7.02%), Phosphorus: 67.39mg (6.74%), Vitamin K: 6.72µg (6.4%), Selenium: 4.33µg (6.19%), Vitamin B3: 1.16mg (5.81%), Iron: 0.98mg (5.43%), Vitamin B2: 0.09mg (5.24%), Magnesium: 20.59mg (5.15%), Copper: 0.1mg (4.87%), Vitamin B5: 0.37mg (3.7%), Zinc: 0.4mg (2.69%), Calcium: 15.54mg (1.55%), Vitamin B12: 0.07µg (1.09%), Vitamin A: 50.65IU (1.01%)