



Country Potato Pancakes

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



45 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 large potatoes peeled (2 pounds in total)
- 2 large eggs lightly beaten
- 1 tablespoon onion grated
- 2 tablespoons flour all-purpose
- 1 teaspoon salt
- 0.5 teaspoon double-acting baking powder
- 1 serving vegetable oil for frying

Equipment

frying pan

Directions

Finely grate potatoes.

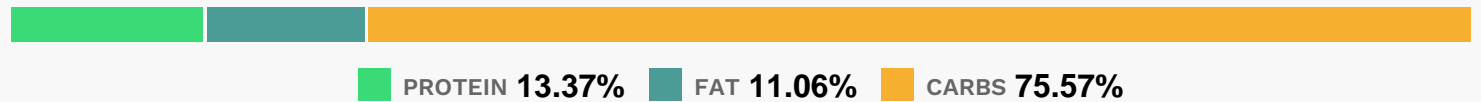
Drain any liquid.

Add eggs, onion, flour, salt and baking powder. In a frying pan, heat 1/8 in. oil over medium-high to 375°.

Drop batter by heaping tablespoonfuls in hot oil. Flatten into patties. Fry until golden brown, turning once.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.57, Glycemic Load:6.27, Inflammation Score:-1, Nutrition Score:2.7952173909415%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 44.99kcal (2.25%), Fat: 0.56g (0.86%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 7.59g (2.76%), Sugar: 0.39g (0.44%), Cholesterol: 15.5mg (5.17%), Sodium: 114.44mg (4.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Vitamin C: 9.12mg (11.05%), Vitamin B6: 0.14mg (7.2%), Potassium: 201.25mg (5.75%), Fiber: 1.04g (4.16%), Manganese: 0.08mg (3.84%), Phosphorus: 37.16mg (3.72%), Vitamin B1: 0.04mg (2.91%), Magnesium: 11.31mg (2.83%), Copper: 0.05mg (2.7%), Folate: 10.56µg (2.64%), Iron: 0.47mg (2.63%), Vitamin B3: 0.53mg (2.63%), Selenium: 1.63µg (2.33%), Vitamin B2: 0.04mg (2.18%), Vitamin B5: 0.2mg (2.04%), Calcium: 13.01mg (1.3%), Zinc: 0.19mg (1.29%), Vitamin K: 1.11µg (1.05%)