



Crisp Mashed Potato Cakes

READY IN



45 min.

SERVINGS



6

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 tablespoons cheddar cheese shredded
- 0.5 cup spring onion chopped
- 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- 2 cups potatoes chilled mashed
- 0.1 teaspoon salt
- 1 bacon crumbled cooked

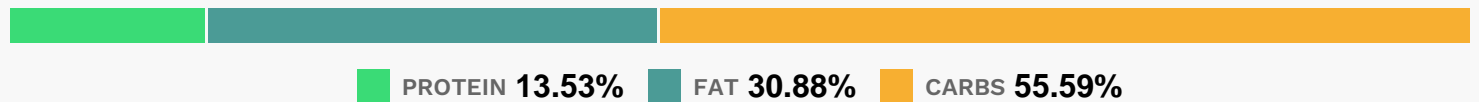
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 42
- Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Add green onions to pan, and cook 2 minutes or until tender, stirring occasionally.
- Remove from heat.
- Place mashed potatoes in a medium bowl. Stir in onions, cheese, salt, pepper, and bacon. Divide potato mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty.
- Place panko in a shallow dish. Dredge patties in panko.
- Place patties on a baking sheet coated with cooking spray.
- Bake at 425 for 12 minutes. Carefully turn patties over; bake an additional 12 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:9.12, Inflammation Score:-3, Nutrition Score:6.8743479070456%

Flavonoids

Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 131.72kcal (6.59%), Fat: 4.56g (7.01%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 16.36g (5.95%), Sugar: 1.22g (1.36%), Cholesterol: 8.96mg (2.99%), Sodium: 181.31mg (7.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.99%), Vitamin C: 15.36mg (18.61%), Vitamin K: 19.26µg (18.35%), Vitamin B6: 0.24mg (12.01%), Vitamin B1: 0.15mg (10.08%), Potassium: 348.69mg (9.96%), Manganese: 0.2mg (9.8%), Phosphorus: 86.96mg (8.7%), Fiber: 2.1g (8.42%), Vitamin B3: 1.52mg (7.62%), Selenium: 4.77µg

(6.82%), Calcium: 63.99mg (6.4%), Folate: 25.62µg (6.4%), Iron: 1.07mg (5.94%), Magnesium: 23.13mg (5.78%),
Copper: 0.11mg (5.32%), Vitamin B2: 0.09mg (5.08%), Zinc: 0.6mg (3.99%), Vitamin B5: 0.31mg (3.09%), Vitamin A:
137.03IU (2.74%), Vitamin B12: 0.11µg (1.82%)