

Crisp Potato Cakes

 Vegetarian

READY IN

ready

30 min.

SERVINGS

servings

22

CALORIES

calories

102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 0.5 cup chive and onion cream cheese softened
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups panko breadcrumbs divided
- ☐ 1.5 pounds potatoes cubed peeled
- ☐ 0.3 cup vegetable oil plus more, if needed

Equipment

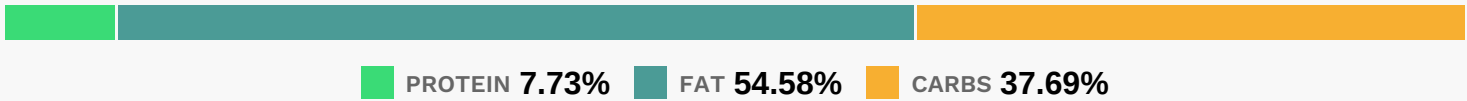
- ☐ bowl

- ☐ frying pan
- ☐ potato masher

Directions

- ☐ In a large bowl, combine the mashed potatoes, 1 cup panko, and beaten egg. Shape the potato mixture into 3-inch patties. Dredge the patties in the remaining 1 cup panko.
- ☐ In a large nonstick skillet over medium heat, add the vegetable oil.
- ☐ Add half of the patties and cook until golden brown, 2 to 3 minutes. Repeat the procedure with more oil, if needed, and remaining patties.
- ☐ Serve hot.
- ☐ Boil the potatoes until done.
- ☐ Pour the potatoes into a medium bowl and add cream cheese and butter. Using a potato masher, mash the potatoes to desired consistency.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.08, Glycemic Load:3.96, Inflammation Score:-2, Nutrition Score:3.0295652643494%

Flavonoids

Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 101.8kcal (5.09%), Fat: 6.22g (9.57%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 8.74g (3.18%), Sugar: 0.75g (0.83%), Cholesterol: 17.2mg (5.73%), Sodium: 85.53mg (3.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin C: 6.09mg (7.38%), Vitamin K: 5.69µg (5.42%), Vitamin B1: 0.08mg (5.23%), Vitamin B6: 0.1mg (5.09%), Manganese: 0.1mg (4.9%), Potassium: 144.65mg (4.13%), Fiber: 0.93g (3.7%), Vitamin B3: 0.69mg (3.45%), Phosphorus: 31.75mg (3.17%), Selenium: 2.19µg (3.13%), Iron: 0.55mg (3.03%), Folate: 11.93µg (2.98%), Vitamin B2: 0.04mg (2.54%), Vitamin A: 126.37IU (2.53%), Copper: 0.05mg (2.45%), Magnesium: 9.78mg (2.45%), Calcium: 21.78mg (2.18%), Vitamin E: 0.29mg (1.96%), Vitamin B5: 0.16mg (1.59%), Zinc: 0.2mg (1.34%)