



Crispy Potato Horseradish Cakes

READY IN



44 min.

SERVINGS



6

CALORIES



359 kcal

Ingredients

- ☐ 3 baking potatoes grated peeled
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup crème fraîche sour
- ☐ 6 servings dill sprigs fresh for garnish
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose as needed plus more,
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 3 tablespoons horseradish fresh finely grated
- ☐ 0.5 teaspoon lemon zest
- ☐ 6 tablespoon olive oil

- ☐ 1 onion grated
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoon butter unsalted

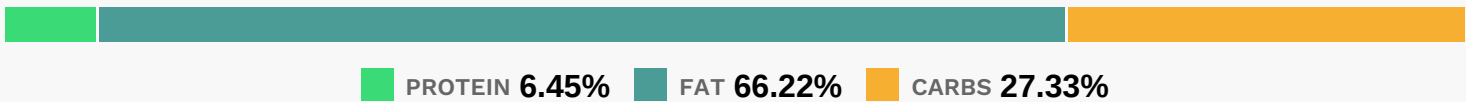
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ In a bowl, combine the onion and potato. Dust with the flour and mix to disperse it.
- ☐ Add the eggs, horseradish, lemon zest, fresh dill, salt, and pepper, and mix until well combined.
- ☐ In a large non-stick saute pan, heat the olive oil and butter over medium-high heat. Once the bubbles from the butter subside, spoon 3 heaping tablespoons of the potato mixture into the saute pan. Repeat, making 8 to 12 pancakes. Cook pancakes about 4 minutes on each side, assuring that both sides are well browned and the potato is cooked through. Reduce the heat of the pan if the potato cakes are browning too quickly in order to make sure the inside is cooked completely.
- ☐ Remove the cakes to a paper towel lined plate as they finish, and season with salt while hot. You can cover them with foil and keep in a 200 degrees F oven to stay warm until ready to serve.
- ☐ To serve, transfer potato cakes to a platter and dollop each one with creme fraiche. Top with a sprig of dill.

Nutrition Facts



Properties

Glycemic Index:41.46, Glycemic Load:16.93, Inflammation Score:-5, Nutrition Score:9.6700000659279%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg, Isorhamnetin: 1.81mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 358.9kcal (17.95%), Fat: 26.96g (41.48%), Saturated Fat: 8.77g (54.78%), Carbohydrates: 25.04g (8.35%), Net Carbohydrates: 23.17g (8.43%), Sugar: 2.82g (3.14%), Cholesterol: 94.65mg (31.55%), Sodium: 334.44mg (14.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.81%), Vitamin B6: 0.44mg (21.96%), Vitamin E: 2.46mg (16.42%), Potassium: 563.46mg (16.1%), Manganese: 0.26mg (13.25%), Phosphorus: 131.49mg (13.15%), Vitamin A: 606.73IU (12.13%), Vitamin B2: 0.2mg (11.83%), Vitamin C: 9.74mg (11.8%), Selenium: 7.96µg (11.37%), Vitamin K: 11.65µg (11.1%), Folate: 36.38µg (9.09%), Iron: 1.62mg (9.02%), Vitamin B1: 0.13mg (8.76%), Magnesium: 34.25mg (8.56%), Vitamin B5: 0.75mg (7.55%), Fiber: 1.87g (7.47%), Calcium: 73.17mg (7.32%), Copper: 0.15mg (7.28%), Vitamin B3: 1.36mg (6.78%), Zinc: 0.73mg (4.83%), Vitamin B12: 0.24µg (3.95%), Vitamin D: 0.4µg (2.69%)