



Crispy Two-Potato Cake

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



155 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons canola oil
- 1 pinch chipotle chile powder
- 6 servings kosher salt and pepper black freshly ground
- 1 pound russet potatoes (2 medium)
- 8 ounces sweet potatoes (1 small)
- 1.5 teaspoons freshly thyme leaves plus leaves whole chopped for garnish

Equipment

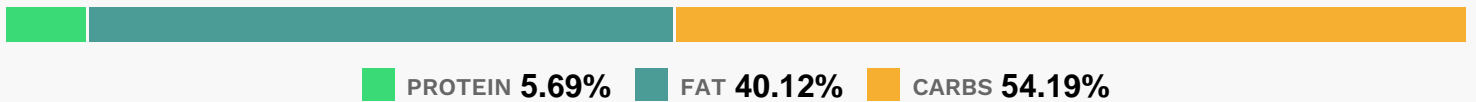
- bowl

- frying pan
- wire rack
- kitchen towels
- spatula
- box grater

Directions

- Peel the potatoes and grate on the large holes of a box grater.
- Transfer to a clean dish towel and squeeze out as much liquid as possible.
- Place the squeezed potatoes in a medium bowl and mix in the chopped thyme, 1 teaspoon kosher salt, 1/4 teaspoon black pepper and chipotle. Toss well to combine.
- Heat 2 tablespoons of the oil in a medium nonstick skillet over medium heat until the oil is very hot but not smoking.
- Add the potato mixture and press down firmly using a spatula. Cook until browned and crispy on the bottom, 8 to 9 minutes, shaking the pan occasionally so it does not stick. The cake should move around as one piece when the skillet is shaken. Slide the cake out of the skillet onto a plate and add the remaining oil to the skillet. Flip the cake onto a second plate and slide back into the skillet, crispy side up. Continue to cook until the bottom side of the cake is browned and crispy and the cake is cooked through, another 8 to 9 minutes, lowering the heat if the cake is browning too quickly.
- Slide onto a wire rack and cool until still warm but not hot.
- Cut into 6 wedges, lightly season with salt and fresh thyme leaves and serve.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:14.53, Inflammation Score:-10, Nutrition Score:9.9013043382893%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 155.41kcal (7.77%), Fat: 7.1g (10.92%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 21.57g (7.19%), Net Carbohydrates: 19.31g (7.02%), Sugar: 2.12g (2.35%), Cholesterol: 0mg (0%), Sodium: 24.78mg (1.08%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.27g (4.53%), Vitamin A: 5387.65IU (107.75%), Vitamin B6: 0.34mg (17.09%), Potassium: 447mg (12.77%), Manganese: 0.24mg (11.88%), Fiber: 2.26g (9.04%), Vitamin E: 1.33mg (8.88%), Vitamin C: 6.02mg (7.29%), Copper: 0.14mg (6.95%), Magnesium: 27.81mg (6.95%), Vitamin K: 7.2µg (6.85%), Vitamin B1: 0.09mg (6.12%), Phosphorus: 60.03mg (6%), Iron: 0.98mg (5.43%), Vitamin B5: 0.53mg (5.33%), Vitamin B3: 1mg (5.02%), Folate: 14.98µg (3.75%), Vitamin B2: 0.05mg (2.97%), Calcium: 23.64mg (2.36%), Zinc: 0.34mg (2.29%)