



Easy Potato Pancakes

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



280 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 pounds potato peeled
- 1 medium onion
- 1 large eggs lightly beaten
- 2 tablespoons flour all-purpose
- 1 serving salt and pepper freshly ground
- 3 tablespoons canola oil
- 1 serving apple sauce sour for serving
- 1 serving apple sauce sour

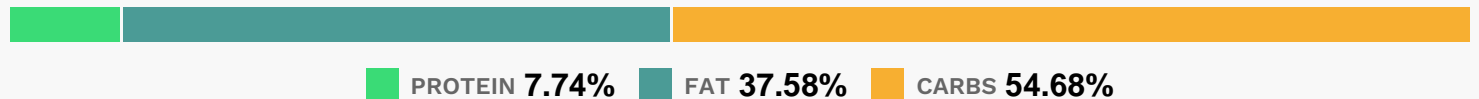
Equipment

- bowl
- frying pan
- paper towels
- spatula
- colander

Directions

- Coarsely grate potatoes and onion into a colander in the sink. Squeeze out as much liquid as possible, then transfer vegetables to a large bowl; mix in egg, flour, 1 teaspoon salt, and 1/4 teaspoon pepper.
- Heat oil in a large nonstick skillet over medium. Working in batches, drop 1/4-cup mounds of potato mixture into the skillet; press lightly with a spatula to flatten. Cook pancakes until golden, 5 to 6 minutes per side.
- Transfer to a paper towel-lined plate to drain.
- Serve with sour cream and applesauce, as desired.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:2.64, Inflammation Score:-5, Nutrition Score:10.826956541642%

Flavonoids

Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg, Quercetin: 7.91mg

Nutrients (% of daily need)

Calories: 280.03kcal (14%), Fat: 12.05g (18.54%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 39.46g (13.15%), Net Carbohydrates: 35.33g (12.85%), Sugar: 9.14g (10.16%), Cholesterol: 46.5mg (15.5%), Sodium: 99.21mg (4.31%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.17%), Potassium: 880.5mg (25.16%), Vitamin C: 17.27mg (20.94%), Vitamin B6: 0.36mg (18.08%), Fiber: 4.13g (16.53%), Manganese: 0.32mg (15.99%), Phosphorus: 143.58mg (14.36%), Vitamin E: 2.09mg (13.94%), Copper: 0.27mg (13.48%), Vitamin B1: 0.2mg (13.38%), Folate: 50.41µg (12.6%), Vitamin K: 12.88µg (12.27%), Vitamin B3: 2.27mg (11.34%), Magnesium: 44.33mg (11.08%), Iron: 1.83mg (10.18%), Vitamin B2: 0.15mg (9.07%), Selenium: 6.28µg (8.97%), Vitamin B5: 0.74mg (7.41%), Zinc: 0.81mg (5.43%), Calcium: 33.37mg (3.34%), Vitamin A: 97.65IU (1.95%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)