



Ellen Szaller's Mashed Potato Pancakes

READY IN



40 min.

SERVINGS



12

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup plus light
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose sifted
- ☐ 1 teaspoon ground nutmeg
- ☐ 1 cup milk
- ☐ 1 onion chopped
- ☐ 3 potatoes boiled peeled mashed
- ☐ 1 teaspoon salt

☐ 2 tablespoons shortening

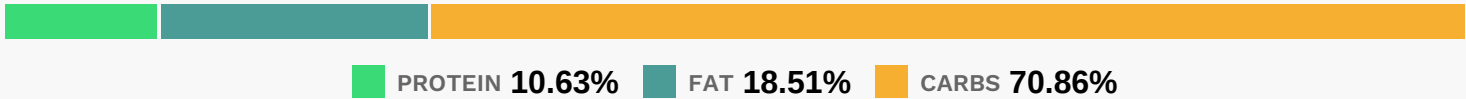
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a medium bowl, mix together flour, salt, and baking powder. Stir in mashed potatoes and onion until thoroughly combined. In a separate bowl, whisk together eggs and milk, and stir lightly into potato mixture.
- ☐ Stir in corn syrup and nutmeg, mixing well.
- ☐ Heat a large griddle to medium-high heat. Coat with shortening and spoon potato mixture onto griddle in 12 equal portions. Fry until brown on both sides.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:33.73, Glycemic Load:20.18, Inflammation Score:-3, Nutrition Score:7.5826086116874%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 183.56kcal (9.18%), Fat: 3.82g (5.87%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 32.87g (10.96%), Net Carbohydrates: 30.95g (11.25%), Sugar: 7.37g (8.19%), Cholesterol: 29.72mg (9.91%), Sodium: 326.42mg (14.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.86%), Vitamin B1: 0.23mg (15.32%), Selenium: 9.96µg (14.23%), Vitamin C: 11.17mg (13.54%), Folate: 51.96µg (12.99%), Manganese: 0.24mg (12.18%), Phosphorus: 112.83mg (11.28%), Vitamin B2: 0.18mg (10.83%), Vitamin B6: 0.2mg (10.12%), Calcium: 100.87mg (10.09%), Iron: 1.65mg (9.16%), Vitamin B3: 1.83mg (9.15%), Potassium: 301.37mg (8.61%), Fiber: 1.93g (7.71%), Magnesium: 21.72mg (5.43%),

Copper: 0.1mg (4.93%), Vitamin B5: 0.46mg (4.63%), Zinc: 0.53mg (3.53%), Vitamin B12: 0.18µg (2.92%), Vitamin D: 0.37µg (2.47%), Vitamin K: 2.33µg (2.22%), Vitamin E: 0.24mg (1.58%), Vitamin A: 73.96IU (1.48%)