



Confetti Potato Pancakes

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



212 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon canola oil
- 2 large carrots
- 0.5 teaspoon basil dried
- 2 eggs lightly beaten
- 0.5 cup flour all-purpose
- 1 garlic clove minced
- 0.5 cup onion divided finely chopped
- 3 pounds potatoes

- 0.5 teaspoon salt
- 0.3 teaspoon sugar
- 2 medium zucchini

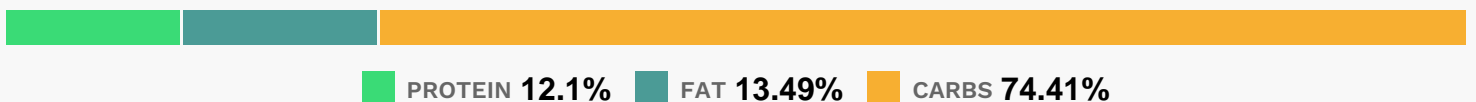
Equipment

- food processor
- bowl
- frying pan
- blender

Directions

- Coarsely shred the potatoes, zucchini and carrots; drain and pat dry.
- Place half of the shredded vegetables and 1/4 cup chopped onion in a food processor or blender; cover and process until finely chopped.
- Transfer to a bowl; add eggs, flour, garlic, salt, basil, sugar and remaining onion and shredded vegetables.
- In a large nonstick skillet, heat oil. Drop batter by 1/4 cupfuls into skillet, flatten to form patties. Fry until golden brown; turn and cook the second side.

Nutrition Facts



Properties

Glycemic Index:43.46, Glycemic Load:27.12, Inflammation Score:-9, Nutrition Score:16.374782629635%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 211.51kcal (10.58%), Fat: 3.24g (4.99%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 40.22g (13.41%), Net Carbohydrates: 35.07g (12.75%), Sugar: 4.02g (4.47%), Cholesterol: 40.92mg (13.64%), Sodium: 188.18mg (8.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.08%), Vitamin A: 3168.58IU (63.37%), Vitamin C: 44.2mg (53.58%), Vitamin B6: 0.65mg (32.31%), Potassium: 942.92mg (26.94%), Manganese: 0.45mg (22.74%), Fiber: 5.15g (20.59%), Vitamin B1: 0.24mg (16.08%), Folate: 63.97µg (15.99%), Phosphorus: 155.74mg (15.57%), Magnesium: 54.68mg (13.67%), Vitamin B3: 2.68mg (13.39%), Iron: 2.2mg (12.23%), Copper: 0.24mg (12.17%), Vitamin B2: 0.2mg (11.98%), Vitamin K: 10.14µg (9.65%), Selenium: 6.76µg (9.65%), Vitamin B5: 0.87mg (8.7%), Zinc: 0.92mg (6.11%), Calcium: 45.99mg (4.6%), Vitamin E: 0.63mg (4.2%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)