

Fried Mormon Funeral Potatoes







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

1 cup coarsely cheddar cheese shredded
8 ounces bacon cooked drained chopped
1 tablespoon cornstarch
4 ounces cream cheese
2 large eggs
1 tablespoon flour
1 green onion chopped
1.5 cups defrosted hash browns shredded frozen

1 jalapeño chiles minced

	2 teaspoons kosher salt	
	0.5 cup onion chopped	
	45 servings ranch dressing for dipping	
	0.3 cup cup heavy whipping cream sour	
	45 servings vegetable oil for frying	
	1 cup ground cornflakes divided finely	
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Equipment		
	food processor	
	bowl	
	baking sheet	
	paper towels	
	baking paper	
	mixing bowl	
	pot	
	kitchen thermometer	
Directions		
	Whirl bacon, cream cheese, onion, jalapeos, green onion, and sour cream in a food processor about 1 minute.	
	Place in a large mixing bowl.	
	Stir hash browns, cheddar, flour, cornstarch, salt, eggs, and 3 tbsp. ground cornflakes into bacon mixture.	
	Line a baking sheet with parchment paper. Scoop up a scant 1/4 cup of potato mixture and roll into a ball. Drop ball into a bowl filled with 3/4 cup cornflakes and roll to coat (mixture will firm up once coated).	
	Place on sheet and repeat with remaining mixture. Chill until ready to cook.	
	Heat 2 in. oil in a medium pot until it registers 350 on a deep-fry thermometer. Fry potato balls, a few at a time, until golden, 5 minutes per batch.	

Drain on paper towels.
Sprinkle with parsley and serve with ranch dressing.

Nutrition Facts

PROTEIN 6.37% FAT 86.27% CARBS 7.36%

Properties

Glycemic Index:5.58, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:4.6521739130435%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 210.02kcal (10.5%), Fat: 20.15g (31%), Saturated Fat: 4.32g (27.01%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.72g (1.35%), Sugar: 1.66g (1.84%), Cholesterol: 26.87mg (8.96%), Sodium: 487.89mg (21.21%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 3.34g (6.69%), Vitamin K: 46.11µg (43.91%), Phosphorus: 99.11mg (9.91%), Selenium: 5.36µg (7.65%), Vitamin E: 1mg (6.65%), Vitamin B2: 0.07mg (4.1%), Vitamin B5: 0.39mg (3.85%), Vitamin B3: 0.69mg (3.43%), Calcium: 33.12mg (3.31%), Vitamin B1: 0.04mg (2.96%), Vitamin B12: 0.16µg (2.68%), Vitamin B6: 0.05mg (2.66%), Zinc: 0.36mg (2.42%), Potassium: 78.53mg (2.24%), Vitamin A: 98.28IU (1.97%), Iron: 0.27mg (1.51%), Manganese: 0.03mg (1.49%), Vitamin C: 1.14mg (1.38%), Magnesium: 5.45mg (1.36%), Copper: 0.02mg (1.13%), Folate: 4.25µg (1.06%)