



Garlic-Scallion Potato Cakes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



306 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 tablespoons butter
- ☐ 4 to 6 garlic cloves minced
- ☐ 4 green onions divided chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.8 teaspoon pepper freshly ground
- ☐ 3 pounds russet potatoes
- ☐ 1.5 teaspoons salt

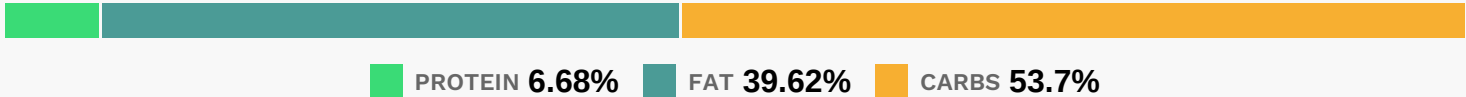
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Cook potatoes in boiling, salted water to cover 15 minutes or until tender.
- ☐ Drain, cool, and peel potatoes; chop coarsely.
- ☐ Combine potato, garlic, 1/4 cup green onions, salt, and pepper; set aside.
- ☐ Rub 3 (6-inch) cast-iron skillets with olive oil.
- ☐ Bake at 450 for 10 minutes.
- ☐ Add 1 tablespoon butter, coating bottom of 1 skillet. Spoon one-third potato mixture into hot skillet, pressing lightly with back of spoon. Dot with 1 tablespoon butter, and sprinkle with 1 tablespoon green onions. Repeat procedure with remaining skillets.
- ☐ Cook on top of range over medium-high heat 5 minutes or until golden on bottom.
- ☐ Bake at 450 for 5 minutes or until golden on top.
- ☐ Cut each cake in half.
- ☐ Note: Recipe may be prepared in 1 (12-inch) cast-iron skillet. Turn out, and cut in wedges.

Nutrition Facts



Properties

Glycemic Index:38.13, Glycemic Load:32.58, Inflammation Score:-5, Nutrition Score:11.643478379301%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 306.34kcal (15.32%), Fat: 13.9g (21.39%), Saturated Fat: 7.58g (47.4%), Carbohydrates: 42.4g (14.13%), Net Carbohydrates: 39.14g (14.23%), Sugar: 1.62g (1.8%), Cholesterol: 30.1mg (10.03%), Sodium: 684.45mg (29.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Vitamin B6: 0.81mg (40.66%), Potassium: 982.67mg (28.08%), Vitamin K: 23.47µg (22.35%), Manganese: 0.44mg (21.78%), Vitamin C: 15.06mg (18.25%),

Magnesium: 54.99mg (13.75%), Phosphorus: 134.51mg (13.45%), Fiber: 3.26g (13.05%), Vitamin B1: 0.2mg (13.02%), Copper: 0.25mg (12.5%), Vitamin B3: 2.41mg (12.06%), Iron: 2.15mg (11.93%), Folate: 37.39µg (9.35%), Vitamin A: 433.44IU (8.67%), Vitamin B5: 0.72mg (7.19%), Vitamin B2: 0.09mg (5.21%), Vitamin E: 0.73mg (4.88%), Zinc: 0.73mg (4.86%), Calcium: 43.71mg (4.37%), Selenium: 1.39µg (1.99%)