

# German Potato Pancakes

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 teaspoon double-acting baking powder
- 2 eggs
- 2 tablespoons flour all-purpose
- 0.5 cup onion finely chopped
- 0.3 teaspoon pepper
- 6 medium potatoes shredded peeled
- 0.5 teaspoon salt
- 0.3 cup vegetable oil

## Equipment

- bowl
- frying pan
- paper towels

## Directions

- In a large bowl, beat together eggs, flour, baking powder, salt, and pepper.
- Mix in potatoes and onion.
- Heat oil in a large skillet over medium heat. In batches, drop heaping tablespoonfuls of the potato mixture into the skillet. Press to flatten. Cook about 3 minutes on each side, until browned and crisp.
- Drain on paper towels.

## Nutrition Facts

**PROTEIN 9.22%** **FAT 33.83%** **CARBS 56.95%**

## Properties

Glycemic Index:51.63, Glycemic Load:28.95, Inflammation Score:-5, Nutrition Score:13.523913108784%

## Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

## Nutrients (% of daily need)

Calories: 280.01kcal (14%), Fat: 10.71g (16.48%), Saturated Fat: 1.91g (11.94%), Carbohydrates: 40.57g (13.52%), Net Carbohydrates: 35.57g (12.93%), Sugar: 2.29g (2.54%), Cholesterol: 54.56mg (18.19%), Sodium: 245.66mg (10.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.13%), Vitamin C: 42.95mg (52.06%), Vitamin B6: 0.67mg (33.53%), Potassium: 940.29mg (26.87%), Fiber: 5g (20.01%), Vitamin K: 20.99µg (19.99%), Manganese: 0.38mg (18.77%), Phosphorus: 160.8mg (16.08%), Vitamin B1: 0.2mg (13.47%), Magnesium: 52.83mg (13.21%), Copper: 0.25mg (12.53%), Vitamin B3: 2.42mg (12.1%), Folate: 48.1µg (12.02%), Iron: 2.09mg (11.62%), Vitamin B2: 0.15mg (8.9%), Vitamin B5: 0.88mg (8.84%), Selenium: 6.06µg (8.66%), Vitamin E: 0.92mg (6.16%), Zinc: 0.85mg (5.66%), Calcium: 47.5mg (4.75%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%), Vitamin A: 84.18IU (1.68%)