



German Potato Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



93 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon double-acting baking powder
- 2 large eggs
- 0.3 cup flour all-purpose
- 1 small onion chopped
- 0.3 teaspoon pepper
- 1.5 pounds baking potatoes cubed peeled
- 0.8 teaspoon salt
- 12 servings cream sour

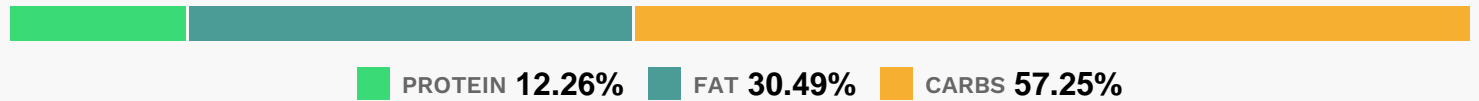
Equipment

- frying pan
- blender

Directions

- Process first 5 ingredients in a blender until smooth. Gradually add cubed potato and flour, processing until mixture thickens.
- Pour about 1/4 cup batter for each pancake onto a hot, lightly greased nonstick skillet; cook over medium-high heat 1 1/2 minutes on each side or until browned. Dollop with sour cream.

Nutrition Facts



Properties

Glycemic Index:25.9, Glycemic Load:9.71, Inflammation Score:-2, Nutrition Score:4.1399999882864%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 92.56kcal (4.63%), Fat: 3.2g (4.92%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 13.51g (4.5%), Net Carbohydrates: 12.59g (4.58%), Sugar: 1.05g (1.16%), Cholesterol: 38.08mg (12.69%), Sodium: 199.36mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.79%), Vitamin B6: 0.22mg (11.15%), Potassium: 274.89mg (7.85%), Phosphorus: 68.68mg (6.87%), Manganese: 0.12mg (6.18%), Selenium: 4.14µg (5.92%), Vitamin B2: 0.09mg (5.38%), Vitamin B1: 0.08mg (5.03%), Folate: 18.46µg (4.61%), Calcium: 45.75mg (4.58%), Vitamin C: 3.77mg (4.57%), Iron: 0.82mg (4.54%), Magnesium: 16.56mg (4.14%), Vitamin B3: 0.77mg (3.83%), Fiber: 0.92g (3.67%), Copper: 0.07mg (3.66%), Vitamin B5: 0.36mg (3.58%), Vitamin A: 120.67IU (2.41%), Zinc: 0.34mg (2.27%), Vitamin B12: 0.1µg (1.66%), Vitamin K: 1.32µg (1.26%), Vitamin D: 0.17µg (1.11%)