



Herbed Rösti Potato Cake



Vegetarian



Gluten Free



Low Fod Map

READY IN



300 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 8 servings salt
- ☐ 5 tablespoons butter unsalted melted
- ☐ 3 pounds yukon gold potatoes (7)

Equipment

- ☐ bowl

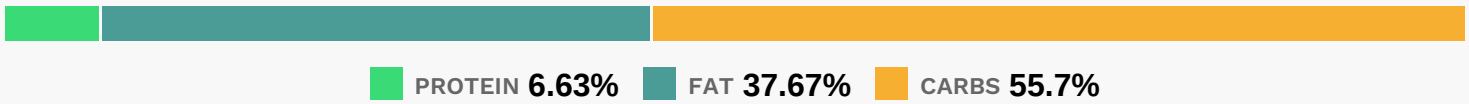
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ aluminum foil
- ☐ broiler
- ☐ wax paper
- ☐ spatula
- ☐ slotted spoon
- ☐ colander
- ☐ oven mitt

Directions

- ☐ Cover potatoes generously with well-salted cold water in a large pot and bring to a boil. Reduce heat and simmer potatoes, partially covered, until they are just barely tender, 20 to 25 minutes.
- ☐ Transfer potatoes to a colander using a slotted spoon, rinse under cold water to stop the cooking, and dry.
- ☐ Chill potatoes on a plate, uncovered, at least 8 hours.
- ☐ Peel potatoes and coarsely grate into a large bowl.
- ☐ Add thyme, 1 1/2 teaspoons salt, and 3/4 teaspoon pepper, then drizzle with 2 tablespoons butter and toss mixture well.
- ☐ Heat oven to 375°F with rack in middle.
- ☐ Heat oil and 1 tablespoon butter in skillet over medium-high heat until foam subsides, then add potato mixture and tamp it down firmly in skillet with a rubber spatula, smoothing the top.
- ☐ Reduce heat to medium and cook potato cake, covered with a lid, until edges begin to turn golden, about 5 minutes.
- ☐ Remove lid, then bake potato cake, uncovered, 10 minutes.
- ☐ Brush top of potato cake with remaining 2 tablespoons butter.
- ☐ Turn on broiler and broil potato cake, 4 to 5 inches from heat, until golden brown, 3 to 7 minutes.

- ☐ Remove skillet from oven carefully (wear oven mitts!). Run the rubber spatula around the edge of the cake to loosen it from the skillet.
- ☐ Invert a large round heat-proof plate over skillet and invert potato cake onto plate.
- ☐ Cut into wedges and serve.
- ☐ •Potato cake can be made 1 day ahead. Cool, then wrap—still on the plate—in wax paper followed by foil, and chill. To reheat potato cake, remove foil and paper and bake in a 350°F oven until heated through, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:20.09, Glycemic Load:21.81, Inflammation Score:-8, Nutrition Score:9.2082608782727%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 210.32kcal (10.52%), Fat: 9.02g (13.87%), Saturated Fat: 4.79g (29.91%), Carbohydrates: 30g (10%), Net Carbohydrates: 26.11g (9.49%), Sugar: 1.33g (1.48%), Cholesterol: 18.81mg (6.27%), Sodium: 205.09mg (8.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.14%), Vitamin C: 34.91mg (42.32%), Vitamin B6: 0.51mg (25.27%), Potassium: 724.92mg (20.71%), Fiber: 3.89g (15.56%), Manganese: 0.29mg (14.44%), Magnesium: 40.87mg (10.22%), Phosphorus: 100.14mg (10.01%), Copper: 0.19mg (9.57%), Vitamin B1: 0.14mg (9.14%), Vitamin B3: 1.81mg (9.07%), Iron: 1.5mg (8.35%), Folate: 27.89µg (6.97%), Vitamin A: 264.18IU (5.28%), Vitamin B5: 0.52mg (5.18%), Vitamin K: 5.06µg (4.82%), Vitamin B2: 0.06mg (3.63%), Zinc: 0.52mg (3.46%), Vitamin E: 0.47mg (3.15%), Calcium: 26.64mg (2.66%)