

 4%
HEALTH SCORE

Homemade Hashbrowns



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 1 eggs beaten
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons olive oil
- ☐ 1 onion diced finely
- ☐ 2 cups potatoes mashed
- ☐ 0.5 teaspoon salt

Equipment

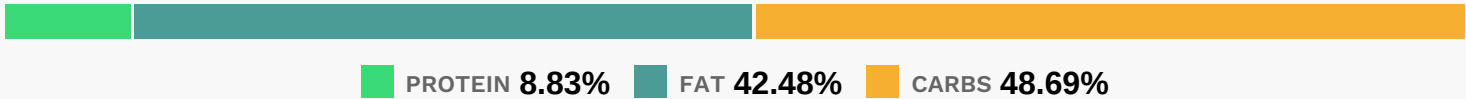
- ☐ bowl

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Beat egg in a medium size mixing bowl.
- ☐ Mix egg and onion with mashed potatoes.
- ☐ Add salt and pepper.
- ☐ Heat olive oil in a medium size frying pan, over a medium heat. Scoop the potato mixutre into the frying pan in 4 inch circles, pat with a spatula to flatten the mounds to approximately 1/2 to 1 inch thick. Cook until bottom is browned. Flip the patty over and brown on the other side.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:14.01, Inflammation Score:-4, Nutrition Score:7.406086968339%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 169.77kcal (8.49%), Fat: 8.17g (12.57%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 21.07g (7.02%), Net Carbohydrates: 18.26g (6.64%), Sugar: 2.03g (2.25%), Cholesterol: 40.92mg (13.64%), Sodium: 313.87mg (13.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Vitamin C: 22.72mg (27.54%), Vitamin B6: 0.36mg (18.09%), Potassium: 499.17mg (14.26%), Fiber: 2.81g (11.24%), Manganese: 0.22mg (10.79%), Phosphorus: 89.8mg (8.98%), Vitamin E: 1.14mg (7.61%), Magnesium: 28.44mg (7.11%), Folate: 27.22µg (6.8%), Vitamin B1: 0.1mg (6.75%), Copper: 0.13mg (6.7%), Vitamin K: 6.56µg (6.24%), Iron: 1.12mg (6.24%), Vitamin B3: 1.15mg (5.74%), Selenium: 3.84µg (5.48%), Vitamin B2: 0.09mg (5.38%), Vitamin B5: 0.51mg (5.15%), Zinc: 0.5mg (3.3%), Calcium: 25.89mg (2.59%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin A: 62.73IU (1.25%)