



 **58%**
HEALTH SCORE

HomeMade Hashbrowns with Spinach and Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



3

CALORIES



193 kcal

SIDE DISH

Ingredients

- 0.5 carrots grated
- 0.5 tsp chili powder red
- 1.5 tablespoon cornstarch
- 0.5 medium onion chopped finely
- 3 medium potatoes grated
- 3 servings salt to taste
- 0.5 cup pkt spinach fresh chopped

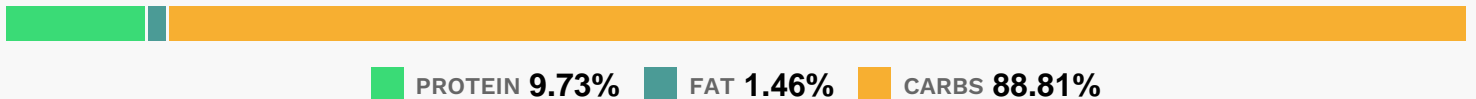
Equipment

- bowl
- frying pan

Directions

- In a bowl mix grated potatoes, spinach, onion, carrot
- Add 1/2 tsp salt and mix well
- Squeeze the veggie mixture to remove all the moisture out
- Add red chilli powder and corn starch
- Adjust salt by tasting the mixture
- Form the mixture into patties
- Heat oil in a pan for shallow frying
- Put the patties gently in the hot pan
- Let them brown on medium high heat for few minutes from both the sides then lower the
- heat to medium.Cook till done.

Nutrition Facts



Properties

Glycemic Index:63.19, Glycemic Load:27.96, Inflammation Score:-9, Nutrition Score:15.180434782609%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg, Kaempferol: 2.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg, Quercetin: 5.43mg

Taste

Sweetness: 21.54%, Saltiness: 100%, Sourness: 9.71%, Bitterness: 12.31%, Savoriness: 22.97%, Fattiness: 66.07%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 193.17kcal (9.66%), Fat: 0.32g (0.49%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 43.95g (14.65%), Net Carbohydrates: 38.37g (13.95%), Sugar: 2.97g (3.3%), Cholesterol: 0mg (0%), Sodium: 226.01mg (9.83%), Protein: 4.81g (9.63%), Vitamin C: 45.33mg (54.94%), Vitamin A: 2305.35IU (46.11%), Vitamin B6: 0.68mg (34.18%), Vitamin K: 30.09µg (28.66%), Potassium: 992.87mg (28.37%), Fiber: 5.58g (22.34%), Manganese: 0.42mg (20.96%), Magnesium: 56.79mg (14.2%), Phosphorus: 134.6mg (13.46%), Copper: 0.25mg (12.75%), Vitamin B1: 0.19mg (12.7%), Folate: 49.32µg (12.33%), Vitamin B3: 2.45mg (12.27%), Iron: 1.96mg (10.91%), Vitamin B5: 0.69mg (6.88%), Vitamin B2: 0.09mg (5.45%), Zinc: 0.72mg (4.81%), Calcium: 39.77mg (3.98%), Vitamin E: 0.37mg (2.43%), Selenium: 1µg (1.42%)