



## How to Make Instant Potato Pancakes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 pinch pepper black freshly ground
- 1 tablespoon butter
- 1 pinch cayenne pepper to taste
- 1 tablespoon chives divided chopped
- 1 eggs beaten
- 0.8 cup potato flakes dry
- 0.5 teaspoon salt
- 0.3 cup cup heavy whipping cream sour for garnish

1 tablespoon vegetable oil

1 cup water cold

## Equipment

bowl

frying pan

whisk

## Directions

Whisk together water, egg and salt in a large bowl until salt has dissolved. Stir in dry potato flakes until incorporated. Stir in 1 tablespoon of chopped chives; season with black pepper and cayenne pepper.

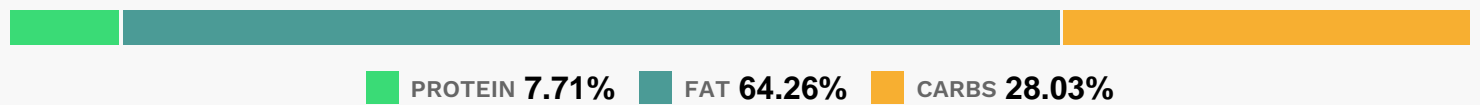
Heat oil and butter in a large skillet over medium-high heat. Swirl the pan to combine.

Divide potato mixture into four equal portions and shape into pancakes.

Place the pancakes in the pan and reduce heat to medium. Cook until a well-browned crust has formed onto the bottom of the pancakes, about 10 minutes. Flip each pancake and flatten slightly. Cook until other sides are browned, 7 to 8 more minutes.

Transfer to plate; top each pancake with a dollop of sour cream and sprinkle each with 3/4 teaspoon chives.

## Nutrition Facts



## Properties

Glycemic Index:39.75, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:4.2256521504858%

## Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 139.54kcal (6.98%), Fat: 10.13g (15.58%), Saturated Fat: 4.14g (25.84%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 9.17g (3.33%), Sugar: 0.93g (1.03%), Cholesterol: 56.93mg (18.98%), Sodium: 347.96mg (15.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Vitamin C: 9.7mg (11.75%), Vitamin K: 9.38µg (8.94%), Vitamin B1: 0.12mg (7.95%), Selenium: 5.46µg (7.8%), Vitamin A: 280.85IU (5.62%), Vitamin B6: 0.11mg (5.53%), Vitamin B2: 0.09mg (5.24%), Phosphorus: 51.64mg (5.16%), Potassium: 160.63mg (4.59%), Vitamin B5: 0.46mg (4.57%), Vitamin B3: 0.74mg (3.68%), Vitamin E: 0.54mg (3.61%), Fiber: 0.77g (3.1%), Folate: 12.13µg (3.03%), Magnesium: 11.25mg (2.81%), Calcium: 27.35mg (2.73%), Vitamin B12: 0.13µg (2.23%), Copper: 0.04mg (2%), Iron: 0.36mg (1.99%), Zinc: 0.28mg (1.89%), Manganese: 0.03mg (1.5%), Vitamin D: 0.22µg (1.47%)