



Hungarian Placki (Potato Pancakes with Spicy Tomato-Beef Sauce)

READY IN



105 min.

SERVINGS



20

CALORIES



216 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound percent ground beef lean
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 tablespoon pepper red crushed
- ☐ 2 eggs
- ☐ 4 tablespoons flour all-purpose
- ☐ 20 servings parsley fresh chopped for serving
- ☐ 1 tablespoon garlic minced
- ☐ 1 bell pepper diced green

- ☐ 20 servings salt and ground pepper
- ☐ 1.5 cups oil
- ☐ 1 large onion diced spanish
- ☐ 1 large onion grated
- ☐ 2 tablespoons paprika
- ☐ 6 large to 8 potatoes grated
- ☐ 1 bell pepper diced red
- ☐ 20 servings cup heavy whipping cream sour for serving
- ☐ 12 ounce tomatoes diced canned
- ☐ 12 ounce tomato purée canned
- ☐ 0.5 cup vegetable oil

Equipment

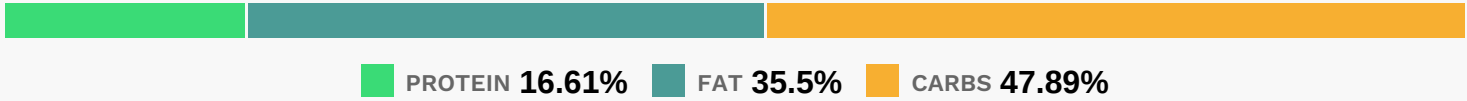
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the ground beef in a large skillet. Brown the ground beef and put on the side. In a different saute pan, add the vegetable oil and heat.
- ☐ Add the onions and saute for 2 minutes.
- ☐ Add the green and red bell peppers and saute for another 2 minutes.
- ☐ Add the canned tomatoes, paprika, crushed red pepper, garlic, cayenne and the browned ground beef.
- ☐ Add salt and pepper to taste. Cover the pan and cook on low heat for up to 1 hour, stirring occasionally. Please note that the sauce can be made in advance.
- ☐ Combine the potatoes, onion, eggs and flour in a large bowl and mix well.
- ☐ Add salt and pepper. The mixture will be on the thicker side.
- ☐ Heat the oil in a heavy skillet.

- ☐ Place 2 tablespoons of the mixture into the hot oil, and flatten down gently with a spoon. Turn the heat to medium. Cook until the pancakes are golden brown on each side.
- ☐ To serve, place 2 to 4 tablespoons of sauce on top of 2 to 4 pancakes and garnish with a tablespoon of sour cream and parsley.

Nutrition Facts



Properties

Glycemic Index:23.59, Glycemic Load:16.2, Inflammation Score:-8, Nutrition Score:17.003913101943%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 216.49kcal (10.82%), Fat: 8.78g (13.51%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 26.67g (8.89%), Net Carbohydrates: 22.49g (8.18%), Sugar: 3.97g (4.41%), Cholesterol: 37.51mg (12.5%), Sodium: 86.92mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.25g (18.49%), Vitamin K: 76.2µg (72.57%), Vitamin C: 44.09mg (53.44%), Vitamin B6: 0.56mg (28.14%), Vitamin A: 1225.02IU (24.5%), Potassium: 762.61mg (21.79%), Fiber: 4.18g (16.72%), Manganese: 0.33mg (16.29%), Vitamin B3: 3.22mg (16.09%), Phosphorus: 152.21mg (15.22%), Iron: 2.57mg (14.26%), Zinc: 1.82mg (12.14%), Vitamin E: 1.81mg (12.04%), Copper: 0.24mg (11.77%), Magnesium: 46.39mg (11.6%), Vitamin B1: 0.16mg (10.72%), Folate: 41.65µg (10.41%), Selenium: 7.07µg (10.1%), Vitamin B2: 0.17mg (9.76%), Vitamin B12: 0.57µg (9.54%), Vitamin B5: 0.77mg (7.66%), Calcium: 55.92mg (5.59%)