



Indian-Spiced Baked Potato Cakes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



220 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 pounds baking potato shredded peeled
- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon canola oil
- 2 tablespoons canola oil
- 0.5 teaspoon cumin seeds
- 2 tablespoons parsley fresh chopped
- 1 Dash ground pepper red
- 0.3 teaspoon ground turmeric

- 1 teaspoon kosher salt
- 0.5 teaspoon mustard seeds
- 5 tablespoons cup heavy whipping cream light sour

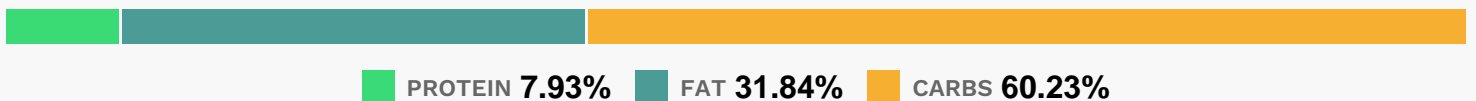
Equipment

- bowl
- frying pan
- baking sheet
- oven
- mortar and pestle

Directions

- Preheat oven to 40
- Heat 1 teaspoon oil in a small skillet over medium heat.
- Add mustard and cumin seeds to pan; cook 2 minutes or until mustard seeds pop, stirring constantly.
- Remove from heat.
- Place spice mixture and salt in a mortar; crush seeds with pestle. Set aside.
- Gently squeeze potato to remove excess moisture.
- Combine potato, spice mixture, parsley, 2 tablespoons oil, turmeric, and peppers in a large bowl. Divide mixture evenly into 10 (1/3 cup) portions; place on a baking sheet coated with cooking spray. Flatten to 1/2-inch thickness.
- Bake at 400 for 16 minutes or until golden. Turn over; bake an additional 5 minutes.
- Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:38.15, Glycemic Load:25.82, Inflammation Score:-7, Nutrition Score:10.181304235821%

Flavonoids

Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg

Nutrients (% of daily need)

Calories: 219.75kcal (10.99%), Fat: 8g (12.31%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 34.05g (11.35%), Net Carbohydrates: 31.53g (11.47%), Sugar: 1.2g (1.33%), Cholesterol: 4.2mg (1.4%), Sodium: 485.46mg (21.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.97%), Vitamin K: 34.35µg (32.71%), Vitamin B6: 0.63mg (31.72%), Potassium: 801.04mg (22.89%), Manganese: 0.32mg (16.18%), Vitamin C: 12.66mg (15.34%), Magnesium: 45.98mg (11.49%), Phosphorus: 113.2mg (11.32%), Vitamin B1: 0.16mg (10.6%), Iron: 1.88mg (10.47%), Fiber: 2.52g (10.08%), Copper: 0.2mg (9.86%), Vitamin B3: 1.94mg (9.69%), Vitamin E: 1.22mg (8.12%), Folate: 29.74µg (7.43%), Vitamin B5: 0.56mg (5.56%), Calcium: 46.32mg (4.63%), Vitamin B2: 0.08mg (4.58%), Zinc: 0.64mg (4.26%), Vitamin A: 187.46IU (3.75%), Selenium: 1.75µg (2.49%)