



Leek-and-Potato Fritters

READY IN



45 min.

SERVINGS



18

CALORIES



94 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup canola oil
- 0.5 cup breadcrumbs dry fine
- 4 large eggs lightly beaten
- 2 pounds leeks thinly sliced
- 0.3 cup parmesan cheese grated
- 0.8 teaspoon pepper freshly ground
- 1 large baking potatoes peeled cut into 2-inch pieces (1/2 pound)
- 1 teaspoon salt

Equipment

- frying pan
- dutch oven

Directions

- Cook potato and salt in a Dutch oven in boiling water to cover 20 minutes or until tender; drain. Mash potato, and set aside.
- Cook leeks in Dutch oven in boiling water to cover 3 minutes; drain.
- Stir together potato, leeks, and next 5 ingredients. Chill 1 hour. Shape mixture into 18 patties.
- Cook, in batches, in hot oil in a large skillet 2 minutes on each side or until golden brown.
- Serve immediately with sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:8.26, Glycemic Load:4.92, Inflammation Score:-6, Nutrition Score:7.3321738968725%

Flavonoids

Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 93.68kcal (4.68%), Fat: 3.15g (4.84%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 12.05g (4.38%), Sugar: 2.32g (2.58%), Cholesterol: 42.94mg (14.31%), Sodium: 210.46mg (9.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Vitamin K: 25.34µg (24.14%), Vitamin A: 916.83IU (18.34%), Manganese: 0.32mg (15.89%), Folate: 43.68µg (10.92%), Vitamin B6: 0.21mg (10.62%), Iron: 1.59mg (8.84%), Vitamin C: 7.22mg (8.75%), Selenium: 5.41µg (7.72%), Phosphorus: 67.74mg (6.77%), Calcium: 60.93mg (6.09%), Potassium: 201.96mg (5.77%), Magnesium: 22.24mg (5.56%), Vitamin E: 0.81mg (5.42%), Vitamin B1: 0.08mg (5.41%), Vitamin B2: 0.09mg (5.37%), Fiber: 1.33g (5.32%), Copper: 0.1mg (4.96%), Vitamin B5: 0.33mg (3.26%), Vitamin B3: 0.62mg (3.12%), Zinc: 0.39mg (2.59%), Vitamin B12: 0.13µg (2.24%), Vitamin D: 0.23µg (1.54%)