

Mashed Potato Cakes

 Vegetarian

READY IN



30 min.

SERVINGS



2

CALORIES



364 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 2 eggs
- 0.3 cups flour all-purpose
- 1 medium onion chopped
- 0.1 teaspoon pepper
- 1 Dash hot sauce hot
- 1.5 cups potatoes mashed
- 0.3 teaspoon salt

1 tablespoon water

Equipment

bowl

frying pan

baking sheet

oven

Directions

In a large skillet, saute onion in butter until tender.

Remove from the heat. In a large bowl, lightly beat one egg.

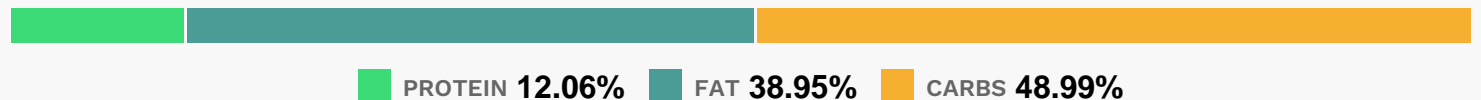
Add the onion, potatoes, flour, salt, pepper and hot pepper sauce if desired.

Shape into four to six patties; place on a greased baking sheet. Lightly beat remaining egg; stir in water.

Brush over potato cakes.

Bake at 375° for 20–25 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:133.88, Glycemic Load:29.92, Inflammation Score:-7, Nutrition Score:15.911304287288%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.27mg, Quercetin: 12.27mg, Quercetin: 12.27mg, Quercetin: 12.27mg

Nutrients (% of daily need)

Calories: 363.77kcal (18.19%), Fat: 15.89g (24.45%), Saturated Fat: 8.66g (54.15%), Carbohydrates: 44.98g (14.99%), Net Carbohydrates: 40.13g (14.59%), Sugar: 3.78g (4.19%), Cholesterol: 193.78mg (64.59%), Sodium: 456.87mg

(19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.08g (22.15%), Vitamin C: 35.13mg (42.59%), Vitamin B6: 0.61mg (30.66%), Selenium: 19.7µg (28.14%), Potassium: 825.97mg (23.6%), Manganese: 0.45mg (22.38%), Folate: 85.37µg (21.34%), Phosphorus: 213.28mg (21.33%), Vitamin B2: 0.35mg (20.5%), Vitamin B1: 0.29mg (19.49%), Fiber: 4.85g (19.41%), Iron: 2.86mg (15.87%), Vitamin B3: 2.69mg (13.43%), Vitamin B5: 1.29mg (12.94%), Magnesium: 51.02mg (12.76%), Copper: 0.25mg (12.44%), Vitamin A: 592.47IU (11.85%), Zinc: 1.24mg (8.29%), Vitamin B12: 0.42µg (6.92%), Calcium: 62.86mg (6.29%), Vitamin D: 0.88µg (5.87%), Vitamin E: 0.82mg (5.5%), Vitamin K: 4.58µg (4.36%)