



## Mashed Potato Cakes

 Vegetarian  Gluten Free  Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



99 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

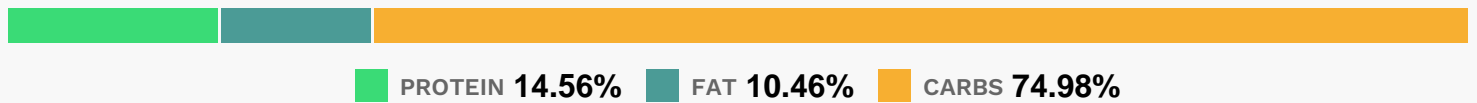
- 2 cups potatoes mashed
- 1 eggs
- 1 tablespoon parsley dried
- 0.5 teaspoon onion powder

### Equipment

### Directions

- Mix all ingredients.
- If mashed potatoes are warm, chill for a couple of hours.
- Form into 4-6 patties about 1/2" thick.
- If mixture is too moist to form patties, add a little flour.
- Dip in flour.
- Saute slowly in butter, adding more as needed, until crispy on the outside and golden brown.
- Great with bratwurst, ham, meatloaf, or any meat that doesn't have gravy.
- Also good with bacon and eggs for breakfast.

## Nutrition Facts



### Properties

Glycemic Index:20.94, Glycemic Load:13.43, Inflammation Score:-4, Nutrition Score:6.8834782838821%

### Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

### Nutrients (% of daily need)

Calories: 98.89kcal (4.94%), Fat: 1.17g (1.8%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 16.39g (5.96%), Sugar: 0.91g (1.01%), Cholesterol: 40.92mg (13.64%), Sodium: 24.36mg (1.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.33%), Vitamin C: 21.37mg (25.9%), Vitamin B6: 0.33mg (16.74%), Potassium: 473.11mg (13.52%), Manganese: 0.22mg (10.8%), Fiber: 2.48g (9.93%), Phosphorus: 84.61mg (8.46%), Vitamin K: 8.84µg (8.42%), Magnesium: 27.75mg (6.94%), Copper: 0.13mg (6.33%), Iron: 1.13mg (6.29%), Vitamin B1: 0.09mg (6.03%), Vitamin B3: 1.17mg (5.83%), Folate: 23.03µg (5.76%), Vitamin B2: 0.1mg (5.65%), Selenium: 3.8µg (5.43%), Vitamin B5: 0.49mg (4.87%), Zinc: 0.48mg (3.22%), Calcium: 25.42mg (2.54%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%), Vitamin A: 71.19IU (1.42%), Vitamin E: 0.17mg (1.14%)