



Mashed Potato Pancakes

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices oscar mayer bacon chopped
- 1 eggs lightly beaten
- 0.5 cup flour
- 1 large onion chopped
- 1 pouch velveeta cheesy potatoes mashed ()

Equipment

- frying pan

Directions

- Cook and stir onion and bacon in large skillet on medium heat until bacon is crisp and onion is tender.
- Drain, reserving 1 Tbsp. of the drippings in skillet.
- Prepare Mashed Potatoes according to package directions.
- Add onion mixture, flour and egg; mix well.
- Heat reserved bacon drippings in skillet. For each pancake, spoon 1/4 cup of the potato mixture into skillet; smooth with back of spoon to create a 3-inch patty. Cook 2 minutes on each side or until crisp and golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:9.4, Inflammation Score:-3, Nutrition Score:5.4647826047047%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 179.9kcal (8.99%), Fat: 9.99g (15.38%), Saturated Fat: 3.33g (20.79%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 14.76g (5.37%), Sugar: 1.69g (1.88%), Cholesterol: 55.54mg (18.51%), Sodium: 167.04mg (7.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.48%), Selenium: 13.28µg (18.98%), Vitamin B1: 0.2mg (13.67%), Folate: 40.89µg (10.22%), Vitamin B3: 1.86mg (9.3%), Vitamin B2: 0.16mg (9.24%), Phosphorus: 83.77mg (8.38%), Manganese: 0.16mg (8.02%), Vitamin B6: 0.13mg (6.45%), Iron: 1.09mg (6.04%), Fiber: 1.06g (4.24%), Vitamin B5: 0.41mg (4.05%), Zinc: 0.58mg (3.87%), Potassium: 131.07mg (3.74%), Vitamin B12: 0.21µg (3.47%), Vitamin C: 2.78mg (3.36%), Magnesium: 11.15mg (2.79%), Copper: 0.05mg (2.71%), Vitamin D: 0.31µg (2.05%), Calcium: 19.66mg (1.97%), Vitamin E: 0.23mg (1.51%), Vitamin A: 70.75IU (1.41%)