



Mashed-Potato Pancakes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



89 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups potatoes mashed
- 1 large eggs
- 0.3 cup parmesan grated
- 1 serving coarse mustard
- 1 teaspoon vegetable oil

Equipment

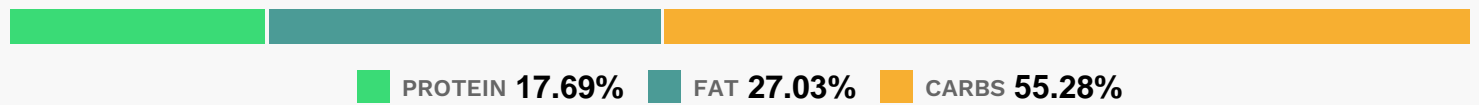
- bowl
- frying pan

spatula

Directions

- In a large bowl, stir together mashed potatoes, egg, and Parmesan. Season with salt and pepper and mix well to combine (mixture will look wet). In a large nonstick skillet, heat vegetable oil over medium-high.
- In batches, drop heaping spoonfuls of potato mixture into skillet, pressing with a spatula to flatten slightly. Cook until golden brown on bottom, about 3 minutes. Gently flip and cook until golden brown on other side, 3 minutes. Repeat with remaining potato mixture and more oil.

Nutrition Facts



Properties

Glycemic Index:23.79, Glycemic Load:8.99, Inflammation Score:-2, Nutrition Score:4.9547825792561%

Flavonoids

Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 89.29kcal (4.46%), Fat: 2.71g (4.17%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 10.89g (3.96%), Sugar: 0.62g (0.69%), Cholesterol: 33.83mg (11.28%), Sodium: 91.95mg (4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin C: 13.79mg (16.72%), Vitamin B6: 0.22mg (11.25%), Potassium: 311.28mg (8.89%), Phosphorus: 86.22mg (8.62%), Fiber: 1.58g (6.3%), Calcium: 62.92mg (6.29%), Selenium: 3.99µg (5.7%), Manganese: 0.11mg (5.69%), Magnesium: 19.33mg (4.83%), Vitamin B2: 0.07mg (4.4%), Copper: 0.08mg (4.18%), Vitamin B1: 0.06mg (4.17%), Iron: 0.74mg (4.11%), Folate: 15.47µg (3.87%), Vitamin B3: 0.76mg (3.8%), Vitamin B5: 0.36mg (3.56%), Zinc: 0.43mg (2.87%), Vitamin K: 2.82µg (2.68%), Vitamin B12: 0.12µg (2.07%), Vitamin A: 79.53IU (1.59%), Vitamin D: 0.19µg (1.25%), Vitamin E: 0.17mg (1.12%)