

Mexican Potato Pancakes

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



304 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large baking potatoes
- 6.3 oz taco seasoning
- 2 tablespoons vegetable oil
- 1 serving water
- 1 serving vinegar white
- 4 eggs
- 4 tablespoons guacamole
- 1 serving sea salt

- 1 serving pepper black freshly ground
- 1 leaves cilantro leaves fresh

Equipment

- bowl
- frying pan
- sauce pan
- wooden spoon
- spatula
- slotted spoon

Directions

- Peel and finely grate potatoes into medium bowl.
- Add taco seasoning mix; stir to combine.
- Heat 12-inch (preferably cast-iron) skillet over medium heat.
- Add oil; turn skillet to coat.
- Shape potato mixture into 4 patties. Squeeze out excess moisture between fingers; place in skillet. With pancake turner, press down on each pancake. Cook 2 to 3 minutes on each side or until golden brown.
- Remove from skillet; place 2 pancakes on each serving plate. Cover to keep warm.
- To poach eggs, fill 2-quart saucepan with a few inches of water and a splash of white vinegar.
- Heat to just under a simmer (there should be bubbles all over bottom and inside of saucepan but no bubbles coming up to the surface). Break 1 egg into a small dish. Using spatula or wooden spoon, make a whirlpool in the water. Carefully slide egg into center of whirlpool. Cook egg 3 to 5 minutes or until egg is all white and wobbles just a bit.
- Remove egg with slotted spoon; place on plate. Repeat with remaining eggs.
- Spoon 1 tablespoon guacamole onto each pancake. Top each with 1 poached egg.
- Sprinkle tops with salt, pepper and torn cilantro.
- Serve immediately.

Nutrition Facts

PROTEIN 9.66% FAT 37% CARBS 53.34%

Properties

Glycemic Index:59.69, Glycemic Load:13.23, Inflammation Score:-10, Nutrition Score:16.803912992063%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 304.33kcal (15.22%), Fat: 13.34g (20.52%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 43.27g (14.42%), Net Carbohydrates: 32.69g (11.89%), Sugar: 9.15g (10.17%), Cholesterol: 163.68mg (54.56%), Sodium: 3693.54mg (160.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.67%), Vitamin A: 4433.58IU (88.67%), Fiber: 10.58g (42.31%), Vitamin C: 26.81mg (32.5%), Iron: 4.65mg (25.82%), Vitamin B6: 0.43mg (21.67%), Selenium: 13.95µg (19.93%), Vitamin K: 18.37µg (17.49%), Potassium: 522.25mg (14.92%), Vitamin B2: 0.25mg (14.83%), Phosphorus: 146.13mg (14.61%), Vitamin B5: 1.17mg (11.69%), Folate: 46.31µg (11.58%), Manganese: 0.18mg (9.21%), Vitamin E: 1.35mg (9.03%), Copper: 0.17mg (8.33%), Magnesium: 31.71mg (7.93%), Vitamin B1: 0.1mg (6.92%), Vitamin B12: 0.39µg (6.53%), Vitamin B3: 1.26mg (6.3%), Zinc: 0.94mg (6.28%), Vitamin D: 0.88µg (5.87%), Calcium: 40.65mg (4.07%)