



## Mexican Potato Pancakes

 Vegetarian Gluten Free Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



223 kcal

[SIDE DISH](#)[ANTIPASTI](#)[STARTER](#)[SNACK](#)

## Ingredients

- 4 servings pepper black freshly ground
- 1 leaves cilantro leaves fresh
- 4 servings sea salt
- 4 eggs
- 4 tablespoons guacamole
- 1 tablespoon taco seasoning (from 1-oz package)
- 2 tablespoons vegetable oil
- 4 servings water

- 4 servings vinegar white
- 1 large baking potatoes

## 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



## Properties

Glycemic Index:59.69, Glycemic Load:13.24, Inflammation Score:-3, Nutrition Score:10.226956512617%

## 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: 223.09kcal (11.15%), Fat: 13.34g (20.53%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 16.35g (5.94%), Sugar: 0.96g (1.07%), Cholesterol: 163.68mg (54.56%), Sodium: 324.46mg (14.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.69%), Vitamin B6: 0.43mg (21.68%), Selenium: 13.97 $\mu$ g (19.96%), Vitamin K: 18.49 $\mu$ g (17.61%), Potassium: 523.35mg (14.95%), Vitamin B2: 0.25mg (14.84%), Phosphorus: 146.4mg (14.64%), Vitamin B5: 1.17mg (11.7%), Folate: 46.32 $\mu$ g (11.58%), Copper: 0.2mg (9.82%), Manganese: 0.2mg (9.81%), Fiber: 2.39g (9.55%), Iron: 1.71mg (9.5%), Vitamin E: 1.36mg (9.04%), Vitamin C: 7.16mg (8.68%), Magnesium: 33.65mg (8.41%), Vitamin B1: 0.1mg (6.93%), Vitamin A: 337.2IU (6.74%), Vitamin B12: 0.39 $\mu$ g (6.53%), Zinc: 0.96mg (6.41%), Vitamin B3: 1.26mg (6.31%), Vitamin D: 0.88 $\mu$ g (5.87%), Calcium: 46.62mg (4.66%)