



Middle Eastern Spiced Potato Cakes

 Vegetarian  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings canola oil for frying
- 1 large eggs
- 0.3 teaspoon fenugreek
- 3 tablespoons cilantro leaves fresh chopped
- 2.5 tablespoons sea salt
- 0.5 teaspoon ground cinnamon
- 1.5 teaspoons ground cumin
- 6 servings kosher salt

- 1 optional: lemon cut into wedges
- 5 5 grinds nutmeg freshly grated
- 3 teaspoons freshly cracked pepper black
- 1.5 pounds russet potatoes (2 large)
- 3 scallions sliced
- 0.1 teaspoon turmeric
- 0.3 cup unbleached flour all-purpose

Equipment

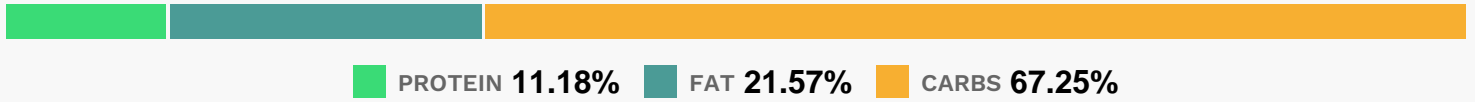
- bowl
- frying pan
- oven
- knife
- mixing bowl
- pot

Directions

- Preheat the oven to 375 degrees F.
- Add the potatoes to a pot and cover with 6 cups water. Season well with salt. Bring to a rolling boil over high heat and cook the potatoes until easily pierced with the tip of a sharp knife, about 9 minutes.
- Drain and cool, about 10 minutes. Peel and set aside.
- Combine the granulated garlic, 4 teaspoons salt, the black pepper, cumin, cinnamon, fenugreek, turmeric and nutmeg in a small mixing bowl. Set aside.
- Once cooled, crush the potatoes gently; the texture should be course and crumbly.
- Place into a bowl.
- Thoroughly combine the egg, scallions, 1/4 cup of the flour and the spice mix in a bowl.
- Add to the potatoes and stir to combine. Season the remaining flour with 1 teaspoon salt and some pepper. Form the potatoes into 2 1/2-ounce patties.
- Sprinkle the tops and bottoms with the seasoned flour.

- Set a large nonstick pan over medium–high heat and add 3 tablespoons oil. Once hot, fry the patties, in batches if necessary, on the first side until golden brown, about 3 minutes. Flip and place into the oven until crispy on both sides and hot through, another 3 minutes.
- Remove from the oven and cool slightly.
- To serve, arrange the patties on a serving dish.
- Garnish with cilantro and serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:62.71, Glycemic Load:20.92, Inflammation Score:-6, Nutrition Score:10.293478245321%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 183.46kcal (9.17%), Fat: 4.6g (7.07%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 32.25g (10.75%), Net Carbohydrates: 28.87g (10.5%), Sugar: 1.92g (2.14%), Cholesterol: 31mg (10.33%), Sodium: 216.18mg (9.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.72%), Manganese: 0.5mg (25.08%), Vitamin B6: 0.49mg (24.54%), Vitamin C: 17.33mg (21.01%), Vitamin K: 18.86µg (17.96%), Potassium: 603.88mg (17.25%), Fiber: 3.38g (13.51%), Iron: 2.35mg (13.03%), Vitamin B1: 0.19mg (12.4%), Phosphorus: 113.23mg (11.32%), Folate: 41.52µg (10.38%), Magnesium: 40.64mg (10.16%), Copper: 0.2mg (9.92%), Selenium: 6.38µg (9.12%), Vitamin B3: 1.73mg (8.64%), Vitamin B2: 0.13mg (7.52%), Vitamin B5: 0.58mg (5.79%), Vitamin E: 0.71mg (4.75%), Zinc: 0.7mg (4.65%), Calcium: 46.24mg (4.62%), Vitamin A: 137.42IU (2.75%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)