



## Mountain Mama's Potato Pancakes

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 eggs beaten
- 0.5 teaspoon garlic powder
- 1 tablespoon olive oil extra-virgin
- 0.5 cup onion chopped
- 0.3 cup complete pancake mix dry
- 0.7 cup potato flakes instant mashed
- 8 servings salt and pepper to taste
- 1 cup cheddar cheese shredded

1 cup skim milk

## Equipment

bowl

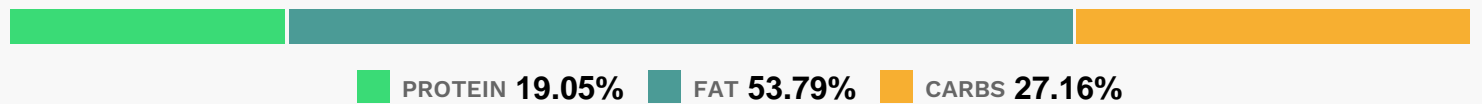
frying pan

## Directions

Stir together the potato flakes, pancake mix, onion, Cheddar cheese, milk, egg, olive oil, garlic powder, salt, pepper, and cayenne pepper in a bowl until well combined.

Grease a griddle or large skillet, and place over medium heat. Drop pancakes, 1/4 cup at a time, onto the hot griddle, and cook until the edges look dry and 1 bubble appears in the center, about 3 minutes. Flip the pancakes, and cook until browned on the other side, about 3 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:11.53, Glycemic Load:0.8, Inflammation Score:-3, Nutrition Score:5.0130434813707%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 125.51kcal (6.28%), Fat: 7.55g (11.61%), Saturated Fat: 3.26g (20.4%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 7.96g (2.89%), Sugar: 2.21g (2.46%), Cholesterol: 39.35mg (13.12%), Sodium: 339.64mg (14.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.02g (12.03%), Calcium: 158.95mg (15.9%), Phosphorus: 136.78mg (13.68%), Selenium: 7.59µg (10.85%), Vitamin B2: 0.15mg (8.99%), Vitamin B12: 0.39µg (6.58%), Vitamin B1: 0.09mg (5.94%), Vitamin C: 4.82mg (5.85%), Zinc: 0.83mg (5.51%), Vitamin A: 248IU (4.96%), Vitamin B6: 0.09mg (4.75%), Potassium: 152.18mg (4.35%), Vitamin B5: 0.4mg (3.97%), Vitamin D: 0.53µg (3.54%), Magnesium: 13.79mg (3.45%), Folate: 12.4µg (3.1%), Vitamin E: 0.42mg (2.8%), Fiber: 0.62g (2.48%), Vitamin B3: 0.44mg (2.2%), Vitamin K: 1.88µg (1.79%), Manganese: 0.03mg (1.74%), Iron: 0.29mg (1.63%), Copper: 0.02mg (1.24%)