



WHATSheATE



Mustard Potato Cakes

READY IN



55 min.

SERVINGS



8

CALORIES



239 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup canola oil
- ☐ 1 teaspoon parsley dried
- ☐ 1 eggs lightly beaten
- ☐ 2 green onions sliced
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1.5 cups panko breadcrumbs
- ☐ 0.3 cup parmesan freshly grated
- ☐ 2.5 pounds potatoes red cubed scrubbed
- ☐ 0.3 cup cup heavy whipping cream light sour

- ☐ 2 tablespoons whole-grain dijon mustard

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ casserole dish
- ☐ potato masher
- ☐ colander

Directions

- ☐ Preheat the oven to 200 degrees F.
- ☐ Add the potatoes to a saucepan and cover with cold water. Bring up to a boil, reduce to a simmer and cook until tender, about 20 minutes.
- ☐ Drain the potatoes in a colander and allow to cool slightly.
- ☐ Transfer to a large bowl and mash with a potato masher until smooth.
- ☐ Add the Parmesan, sour cream, mustard, green onions and egg.
- ☐ Sprinkle with salt and pepper.
- ☐ Mix together until incorporated.
- ☐ Combine the panko and dried parsley in a casserole dish and sprinkle with salt and pepper. Form the potatoes into 8 cakes, about 5 inches wide and 3/4-inch thick. Dredge the cakes through the panko.
- ☐ Add the canola oil to a high-sided skillet over medium heat. Once the oil is hot, add the first batch of cakes and cook until crisp, about 3 minutes per side.
- ☐ Remove from the oil to a paper towel-lined plate. Repeat with the second batch. Hold in the oven before serving.

Nutrition Facts



 **PROTEIN 10.64%**  **FAT 37.09%**  **CARBS 52.27%**

Properties

Glycemic Index:15.38, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:10.2199999943091%

Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 238.97kcal (11.95%), Fat: 10.02g (15.42%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 31.78g (10.59%), Net Carbohydrates: 28.59g (10.4%), Sugar: 2.71g (3.01%), Cholesterol: 25.1mg (8.37%), Sodium: 213.51mg (9.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Potassium: 708.27mg (20.24%), Manganese: 0.34mg (16.99%), Vitamin B1: 0.24mg (15.92%), Vitamin K: 16.55µg (15.76%), Vitamin C: 12.85mg (15.58%), Phosphorus: 148.08mg (14.81%), Vitamin B6: 0.27mg (13.65%), Fiber: 3.18g (12.74%), Vitamin B3: 2.43mg (12.16%), Copper: 0.23mg (11.57%), Folate: 43.37µg (10.84%), Selenium: 7.46µg (10.65%), Magnesium: 41.4mg (10.35%), Iron: 1.82mg (10.12%), Vitamin E: 1.37mg (9.11%), Calcium: 90.08mg (9.01%), Vitamin B2: 0.14mg (8.16%), Zinc: 0.86mg (5.74%), Vitamin B5: 0.57mg (5.71%), Vitamin B12: 0.16µg (2.6%), Vitamin A: 120.97IU (2.42%)