



My Crispy Mashed Potato Pancake



Vegetarian



Dairy Free



Popular

READY IN



15 min.

SERVINGS



3

CALORIES



200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 eggs lightly beaten
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.1 teaspoon garlic powder
- ☐ 2 cups potatoes cold mashed
- ☐ 1 tablespoon vegetable oil

Equipment

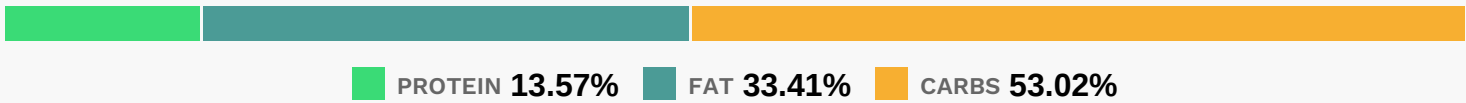
- ☐ bowl

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Combine potatoes, eggs, flour, and garlic powder in a bowl.
- ☐ Heat oil in a skillet over medium-high heat; fry potato mixture in skillet, pressing with a spatula to flatten evenly. Cover and cook until bottom is crispy, about 10 minutes; invert onto serving platter.

Nutrition Facts



Properties

Glycemic Index:69.58, Glycemic Load:19.3, Inflammation Score:-4, Nutrition Score:10.62304348531%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 199.64kcal (9.98%), Fat: 7.48g (11.51%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 23.53g (8.56%), Sugar: 1.23g (1.37%), Cholesterol: 109.12mg (36.37%), Sodium: 50.21mg (2.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.67%), Vitamin C: 28.16mg (34.14%), Vitamin B6: 0.47mg (23.37%), Potassium: 637.01mg (18.2%), Selenium: 10.31µg (14.73%), Phosphorus: 141.68mg (14.17%), Fiber: 3.18g (12.73%), Vitamin K: 13.22µg (12.59%), Manganese: 0.24mg (12.22%), Vitamin B2: 0.19mg (11.33%), Folate: 41.87µg (10.47%), Iron: 1.75mg (9.7%), Vitamin B1: 0.14mg (9.65%), Magnesium: 36.79mg (9.2%), Copper: 0.18mg (8.91%), Vitamin B5: 0.88mg (8.79%), Vitamin B3: 1.65mg (8.26%), Zinc: 0.81mg (5.41%), Vitamin E: 0.7mg (4.65%), Vitamin B12: 0.26µg (4.35%), Vitamin A: 204.73IU (4.09%), Vitamin D: 0.59µg (3.91%), Calcium: 34.62mg (3.46%)