



## Old-Fashioned Potato Pancakes

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



7

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 cups potatoes shredded peeled
- 2 large eggs lightly beaten
- 0.3 cup onion grated
- 0.3 cup flour all-purpose
- 3 tablespoons parsley fresh minced
- 1 teaspoon salt
- 1 teaspoon pepper

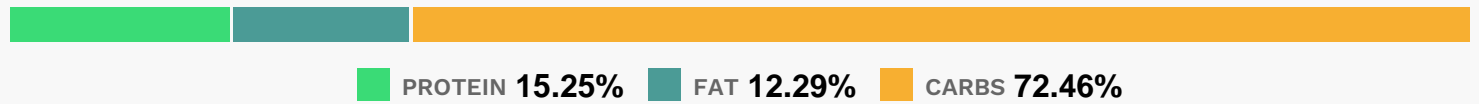
### Equipment

- bowl
- frying pan
- paper towels

## Directions

- Rinse potatoes in cold water; drain thoroughly. In a large bowl, combine the potatoes, eggs, onion, flour, parsley, salt and pepper.
- Pour batter by 1/3 cupfuls onto a well-greased hot griddle. Fry in batches 5–6 minutes on each side or until golden brown.
- Drain on paper towels.

## Nutrition Facts



## Properties

Glycemic Index:35.68, Glycemic Load:14.14, Inflammation Score:-4, Nutrition Score:8.2060869932175%

## Flavonoids

Apigenin: 3.69mg, Apigenin: 3.69mg, Apigenin: 3.69mg, Apigenin: 3.69mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

## Nutrients (% of daily need)

Calories: 109.6kcal (5.48%), Fat: 1.51g (2.33%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 20.06g (6.69%), Net Carbohydrates: 17.73g (6.45%), Sugar: 1.03g (1.14%), Cholesterol: 53.14mg (17.71%), Sodium: 359.23mg (15.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.45%), Vitamin K: 30.37µg (28.92%), Vitamin C: 20.43mg (24.77%), Vitamin B6: 0.3mg (15.05%), Potassium: 425.1mg (12.15%), Manganese: 0.22mg (10.98%), Fiber: 2.33g (9.31%), Selenium: 6.21µg (8.88%), Phosphorus: 87.51mg (8.75%), Folate: 33.02µg (8.26%), Vitamin B1: 0.12mg (7.81%), Iron: 1.31mg (7.27%), Vitamin B2: 0.12mg (7.05%), Magnesium: 25.32mg (6.33%), Vitamin B3: 1.26mg (6.28%), Copper: 0.12mg (6.14%), Vitamin B5: 0.52mg (5.23%), Vitamin A: 225.03IU (4.5%), Zinc: 0.51mg (3.39%), Calcium: 24.62mg (2.46%), Vitamin B12: 0.13µg (2.12%), Vitamin D: 0.29µg (1.9%), Vitamin E: 0.18mg (1.19%)