



Oven-Baked Potato Pancakes



Vegetarian



Dairy Free

READY IN



50 min.

SERVINGS



5

CALORIES



151 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 medium carrots
- ☐ 1 eggs lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 4 garlic clove peeled smashed
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon rosemary chopped
- ☐ 1 teaspoon salt

- ☐ 1 large turnip cut in quarters lengthwise
- ☐ 2 yukon gold potatoes cut in quarters, lengthwise

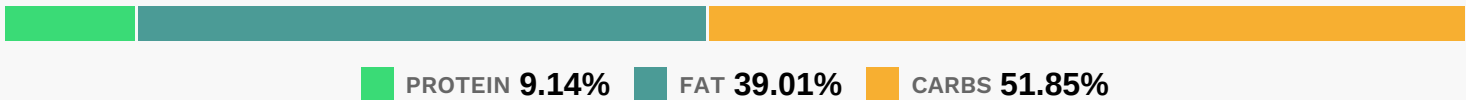
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ sieve
- ☐ box grater

Directions

- ☐ Preheat oven to 42
- ☐ Julienne potatoes, turnip, and carrots using julienne attachment of food processor, or shred with box grater.
- ☐ Place vegetables in a strainer set over a bowl; squeeze with your hands and discard any liquid.
- ☐ Transfer vegetables to a bowl and stir in rosemary, garlic, egg, flour, and salt and pepper.
- ☐ Line baking sheet with parchment paper. Using your hands, rub the surface with the olive oil; don't wash your hands! Use your oily hands to divide the mixture into 10 even clumps; press and shape into patties on the tray.
- ☐ Bake until crispy and golden on one side and the pancakes release easily from the pan (about 25–30 minutes). Flip and continue until the tops are a deep golden brown (about 15 minutes more).
- ☐ Serve warm, with applesauce, if desired.

Nutrition Facts



Properties

Glycemic Index:82.12, Glycemic Load:12.66, Inflammation Score:-10, Nutrition Score:11.33652160997%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 150.77kcal (7.54%), Fat: 6.7g (10.31%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 16.87g (6.14%), Sugar: 3.14g (3.49%), Cholesterol: 32.74mg (10.91%), Sodium: 523.83mg (22.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.06%), Vitamin A: 4138.42IU (82.77%), Vitamin C: 23.52mg (28.5%), Vitamin B6: 0.32mg (16.03%), Manganese: 0.27mg (13.62%), Potassium: 464.55mg (13.27%), Fiber: 3.17g (12.66%), Phosphorus: 81.96mg (8.2%), Folate: 31.95µg (7.99%), Vitamin B1: 0.12mg (7.95%), Vitamin K: 8.16µg (7.77%), Vitamin E: 1.08mg (7.22%), Copper: 0.14mg (6.86%), Iron: 1.21mg (6.72%), Vitamin B3: 1.31mg (6.54%), Selenium: 4.57µg (6.53%), Magnesium: 25.97mg (6.49%), Vitamin B2: 0.11mg (6.26%), Vitamin B5: 0.5mg (5.05%), Calcium: 42.82mg (4.28%), Zinc: 0.53mg (3.55%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.18µg (1.17%)