



Oven-Roasted Hash Brown Cakes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups onion paper-thin
- ☐ 1 teaspoon salt divided
- ☐ 2 tablespoons butter unsalted melted
- ☐ 2.5 cups in processor grated peeled

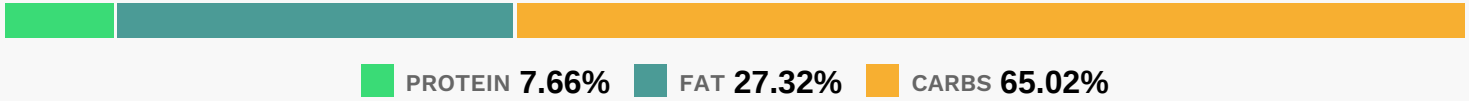
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425°F. Butter large rimmednonstick baking sheet.
- ☐ Place onion in largebowl. Toss potatoes with 1/2 teaspoon saltin medium bowl.
- ☐ Let stand 5 minutes. Usinghands, squeeze out excess liquid frompotatoes.
- ☐ Add potatoes, 1/2 teaspoon salt, andmelted butter to onion. Toss to coat.
- ☐ Divide mixture into 4 mounds onprepared baking sheet, spacing apart. Roast15 minutes, then turn mounds over withspatula, pressing down to flatten to 4-inch-diameterounds (cakes will still be soft).Reduce oven temperature to 350°F; bake untilcakes are golden and crisp around edges,about 45 minutes longer.

Nutrition Facts



Properties

Glycemic Index:27.69, Glycemic Load:20.15, Inflammation Score:-6, Nutrition Score:9.0686955769425%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.22mg, Quercetin: 13.22mg, Quercetin: 13.22mg, Quercetin: 13.22mg

Nutrients (% of daily need)

Calories: 188.05kcal (9.4%), Fat: 5.87g (9.03%), Saturated Fat: 3.66g (22.87%), Carbohydrates: 31.44g (10.48%), Net Carbohydrates: 27.17g (9.88%), Sugar: 3.7g (4.11%), Cholesterol: 15.05mg (5.02%), Sodium: 593.41mg (25.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.71g (7.41%), Vitamin C: 33.57mg (40.69%), Vitamin B6: 0.51mg (25.42%), Potassium: 711.92mg (20.34%), Fiber: 4.27g (17.09%), Manganese: 0.31mg (15.27%), Phosphorus: 103.36mg (10.34%), Magnesium: 40.16mg (10.04%), Vitamin B1: 0.15mg (9.75%), Copper: 0.18mg (9.23%), Folate: 35.27µg (8.82%), Vitamin B3: 1.63mg (8.16%), Iron: 1.29mg (7.14%), Vitamin B5: 0.52mg (5.19%), Vitamin B2: 0.07mg (3.88%), Zinc: 0.54mg (3.59%), Vitamin A: 179.09IU (3.58%), Vitamin K: 3.54µg (3.37%), Calcium: 33.58mg (3.36%), Vitamin E: 0.19mg (1.26%), Selenium: 0.82µg (1.16%)