



Panko Crusted Mashed Potato Cakes

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



161 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 tablespoon pepper black
- ☐ 2 eggs slightly beaten (separate bowls)
- ☐ 0.5 cup flour for dredging
- ☐ 2 tablespoons onion chopped
- ☐ 1 cup kikkoman panko bread crumbs
- ☐ 2 cups potatoes chilled mashed
- ☐ 3 tablespoons vegetable oil for pan frying

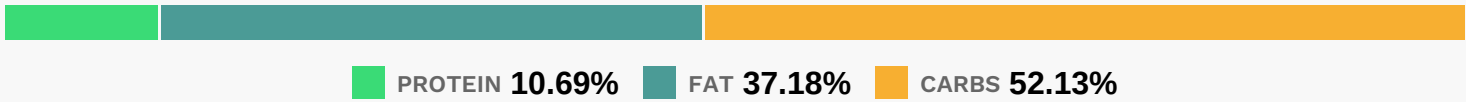
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ In a medium bowl, combine potatoes, one egg, onion and black pepper. Divide potato mixture into 8 equal portions. Use your hands to form 1/2 inch thick patties. Dredge patties in flour, then in egg and coat with Panko Bread Crumbs. Meanwhile heat vegetable oil in a large skillet over medium high heat.
- ☐ Add potato patties to the hot oil. Cook until well browned, turn with a spatula and brown on the other side.

Nutrition Facts



Properties

Glycemic Index:27.22, Glycemic Load:11.13, Inflammation Score:-2, Nutrition Score:6.6569565171781%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 161.24kcal (8.06%), Fat: 6.68g (10.28%), Saturated Fat: 1.24g (7.78%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 19.24g (7%), Sugar: 1.04g (1.16%), Cholesterol: 40.92mg (13.64%), Sodium: 74mg (3.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Manganese: 0.26mg (12.83%), Vitamin C: 10.53mg (12.76%), Vitamin B1: 0.18mg (12.12%), Selenium: 8.1µg (11.58%), Vitamin K: 11.55µg (11%), Vitamin B6: 0.19mg (9.51%), Folate: 36.43µg (9.11%), Vitamin B2: 0.14mg (8.07%), Potassium: 267.9mg (7.65%), Vitamin B3: 1.53mg (7.64%), Iron: 1.37mg (7.61%), Phosphorus: 73.83mg (7.38%), Fiber: 1.84g (7.36%), Copper: 0.1mg (5.05%), Magnesium: 19.23mg (4.81%), Vitamin B5: 0.41mg (4.08%), Vitamin E: 0.55mg (3.69%), Zinc: 0.47mg (3.11%), Calcium: 29.59mg (2.96%), Vitamin B12: 0.12µg (2.07%), Vitamin D: 0.22µg (1.47%), Vitamin A: 62.55IU (1.25%)