



Parmesan Potato Pancake

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



348 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup basil leaves fresh chopped
- 1 clove garlic minced
- 2 tablespoons olive oil
- 1 onion chopped
- 1 cup parmesan grated
- 1 teaspoon salt
- 2 pounds yukon gold potatoes peeled

Equipment

- food processor
- bowl
- frying pan
- kitchen towels
- spatula

Directions

- Watch how to make this recipe.
- Warm the 2 tablespoons of olive oil in a large (12-inch diameter) nonstick pan over medium-high heat.
- Add the onions and cook until translucent, about 4 minutes.
- Add the garlic and cook until tender and fragrant, about another 2 minutes. Season the onion mixture with salt and pepper.
- Transfer the onion mixture to a large bowl and set aside. Reserve the pan.
- Meanwhile, grate the potatoes in a food processor using the grating attachment blade. Use a kitchen towel to help squeeze out the water from the grated potatoes.
- Add the potatoes to the bowl with the onion mixture.
- Add the Parmesan and the basil. Stir to combine and season with additional salt and pepper, to taste.
- Warm the remaining olive oil over high heat in the same pan that was used to cook the onions. When the pan is hot, but not smoking add the potato mixture. Use a spatula to press the mixture down into the pan firmly and evenly. Turn the heat down to medium and cook the potato mixture until the bottom is golden brown and the pancake can move in the pan, about 12 to 15 minutes. Turn the heat down to medium-low if the pancake is browning too fast in places.
- Place a large plate on top of the pancake and flip the pancake out of the pan. Turn the heat on the pan back up to high. When the pan is hot slide the pancake back into the pan and cook until the bottom is golden and is cooked through, about 12 to 15 minutes. Slide the pancake onto a serving platter, slice, and serve.

Nutrition Facts

PROTEIN 15.84% FAT 34.94% CARBS 49.22%

Properties

Glycemic Index:67.44, Glycemic Load:29.91, Inflammation Score:-7, Nutrition Score:17.155652339044%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg, Quercetin: 7.18mg

Nutrients (% of daily need)

Calories: 347.95kcal (17.4%), Fat: 13.72g (21.11%), Saturated Fat: 5.14g (32.15%), Carbohydrates: 43.48g (14.49%), Net Carbohydrates: 37.9g (13.78%), Sugar: 3.15g (3.5%), Cholesterol: 17mg (5.67%), Sodium: 997.02mg (43.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.99g (27.98%), Vitamin C: 47.49mg (57.56%), Vitamin B6: 0.74mg (36.97%), Calcium: 337.75mg (33.77%), Phosphorus: 313.97mg (31.4%), Potassium: 1033.33mg (29.52%), Manganese: 0.47mg (23.39%), Fiber: 5.58g (22.34%), Vitamin K: 21.93µg (20.89%), Magnesium: 68.46mg (17.12%), Copper: 0.28mg (14.06%), Vitamin B1: 0.21mg (13.78%), Vitamin B3: 2.53mg (12.63%), Iron: 2.21mg (12.27%), Folate: 45.37µg (11.34%), Vitamin B2: 0.17mg (9.8%), Zinc: 1.43mg (9.53%), Selenium: 6.57µg (9.39%), Vitamin B5: 0.83mg (8.33%), Vitamin E: 1.12mg (7.46%), Vitamin A: 360.02IU (7.2%), Vitamin B12: 0.3µg (5%)