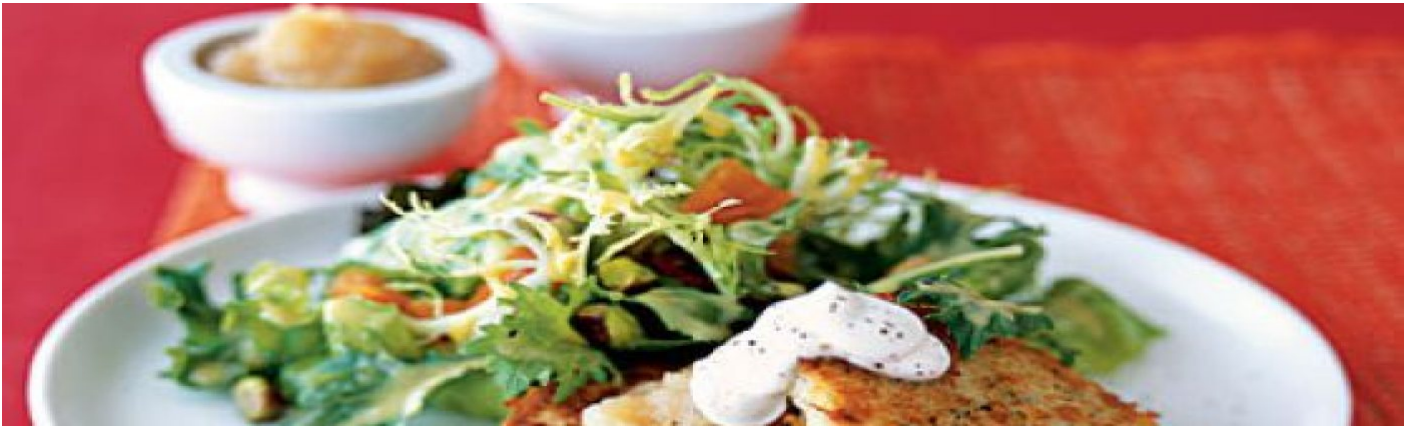


SIDE DISH

Parmesan Potato Pancakes

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
22 min	10 min	12 min	4	\$0.34	142 kcal



You can never have too many hor d'oeuvre recipes, so give Parmesan Potato Pancakes a try. One serving contains 142 calories, 5g of protein, and 3g of fat. For 34 cents per serving, this recipe covers 7% of your daily requirements of vitamins and minerals. This recipe serves 4.

Ingredients

- ☐ 1 large egg white
- ☐ 2 teaspoons olive oil, divided
- ☐ 2 cups leftover mashed potatoes
- ☐ 2 tablespoons chopped fresh chives or green onions
- ☐ 2 tablespoons grated fresh Parmesan cheese
- ☐ ¼ cup seasoned breadcrumbs, divided

EQUIPMENT Bowl, Frying pan

Method

- 1 Combine potatoes, chives, egg white, and 2 tablespoons breadcrumbs in a large bowl.
- 2 Combine 2 tablespoons breadcrumbs and cheese on a small plate. Divide the potato mixture into 8 equal (1/4-cup) portions; dredge in breadcrumb mixture, shaping each portion into a 1/4-inch-thick patty.
- 3 Heat 1 teaspoon oil in large nonstick skillet.
- 4 Add 4 patties; cook 3-4 minutes on each side or until golden. Repeat with 1 teaspoon oil and remaining 4 patties.
- 5 Serve pancakes hot with applesauce and low-fat sour cream.

Nutrition per serving

142	5 g	3 g	24 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.8 g · 5% of daily needs
Fibre			2.7 g · 11% of daily needs
Sugar			1.4 g · 2% of daily needs
Sodium			160 mg · 7% of daily needs
Cholesterol			1.8 mg · 1% of daily needs
Vitamin C			21.8 mg · 26% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/parmesan-potato-pancakes-148520