



Portobello-Potato Pancake

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 2 ounces asiago cheese divided freshly grated
- ☐ 26 ounce hash brown potatoes shredded frozen thawed
- ☐ 2 teaspoons olive oil divided
- ☐ 1 small onion thinly sliced
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 6 ounces portabello mushrooms fresh thinly sliced
- ☐ 0.5 teaspoon salt

☐ 2 tablespoons walnuts coarsely chopped

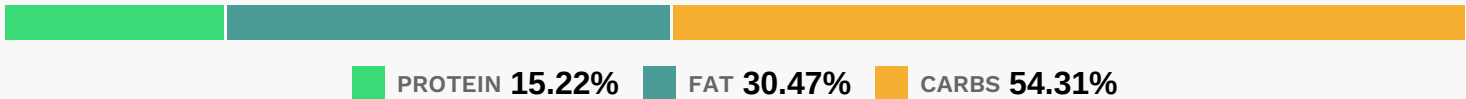
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Combine first 4 ingredients in a large bowl, stirring well. Coat a 12-inch nonstick skillet with cooking spray.
- ☐ Add 1 teaspoon oil; place over medium heat until hot. Spoon potato mixture into skillet; press to smooth top. Cook 8 minutes or until potato is crisp and browned on bottom. Invert potato pancake onto a baking sheet.
- ☐ Coat skillet with cooking spray; add remaining 1 teaspoon oil.
- ☐ Place over medium heat until hot. Return pancake to skillet, uncooked side down. Cook 8 minutes or until crisp and browned. Invert pancake onto baking sheet coated with cooking spray; set aside, and keep warm.
- ☐ Coat skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add mushrooms, and saute 2 minutes or until tender.
- ☐ Remove from heat, and stir in artichoke.
- ☐ Sprinkle pancake with 1/4 cup cheese. Top with mushroom mixture.
- ☐ Sprinkle with walnuts; top with remaining 1/4 cup cheese.
- ☐ Bake at 350 for 12 minutes or until thoroughly heated.
- ☐ Cut into 8 wedges.
- ☐ Garnish with fresh rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:9.91, Inflammation Score:-4, Nutrition Score:12.820869523546%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 296.93kcal (14.85%), Fat: 10.24g (15.75%), Saturated Fat: 3.25g (20.28%), Carbohydrates: 41.05g (13.68%), Net Carbohydrates: 35.7g (12.98%), Sugar: 2.81g (3.13%), Cholesterol: 9.64mg (3.21%), Sodium: 929.38mg (40.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.5g (23.01%), Manganese: 0.53mg (26.36%), Vitamin B3: 5.09mg (25.47%), Phosphorus: 253.68mg (25.37%), Fiber: 5.36g (21.43%), Potassium: 744.01mg (21.26%), Vitamin C: 16.47mg (19.96%), Copper: 0.4mg (19.92%), Calcium: 197.76mg (19.78%), Selenium: 12µg (17.14%), Vitamin B1: 0.23mg (15.65%), Vitamin B6: 0.28mg (14.24%), Iron: 2.27mg (12.63%), Vitamin B5: 1.2mg (11.98%), Magnesium: 36.59mg (9.15%), Vitamin B2: 0.14mg (8.28%), Zinc: 1.19mg (7.93%), Folate: 28.54µg (7.13%), Vitamin B12: 0.19µg (3.19%), Vitamin E: 0.37mg (2.46%), Vitamin A: 113.42IU (2.27%), Vitamin K: 2.06µg (1.96%), Vitamin D: 0.2µg (1.32%)