



Potato and Leek Cakes with Blue Cheese Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



197 kcal

Ingredients

- ☐ 2 pounds baking potato shredded peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 ounces cheese blue crumbled
- ☐ 2 large eggs lightly beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.5 teaspoon garlic minced

- ☐ 1 cup leek diced
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 cup cup heavy whipping cream fat-free sour

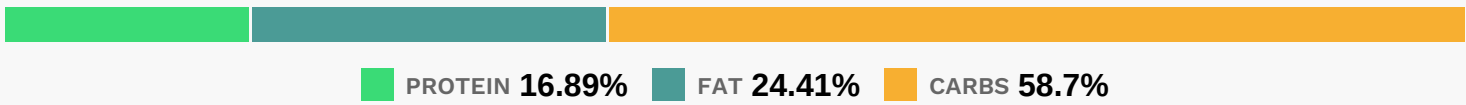
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sieve

Directions

- ☐ To prepare sauce, combine first 6 ingredients in a bowl, stirring well. Cover and chill.
- ☐ To prepare cakes, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add leek to pan; saut 3 minutes or until tender.
- ☐ Place leek in a large bowl. Wipe pan with paper towels.
- ☐ Place potato in a sieve; gently squeeze potato to remove excess moisture.
- ☐ Add potato, flour, 1/2 teaspoon salt, 1/2 teaspoon pepper, and eggs to leek in bowl; stir well. Return pan to medium-high heat. Recoat pan with cooking spray. Divide potato mixture into 16 equal portions, shaping each into a 1/4-inch-thick patty.
- ☐ Add 8 patties to pan; cook 5 minutes on each side or until golden. Repeat procedure with remaining 8 patties.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:44.72, Glycemic Load:18.25, Inflammation Score:-5, Nutrition Score:9.9039129433425%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 196.77kcal (9.84%), Fat: 5.42g (8.34%), Saturated Fat: 3.08g (19.28%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 27.52g (10.01%), Sugar: 1.39g (1.55%), Cholesterol: 59.72mg (19.91%), Sodium: 411.02mg (17.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.88%), Vitamin B6: 0.47mg (23.64%), Phosphorus: 177.24mg (17.72%), Potassium: 592.03mg (16.92%), Manganese: 0.29mg (14.29%), Calcium: 141.48mg (14.15%), Selenium: 8.98µg (12.83%), Vitamin B2: 0.21mg (12.38%), Folate: 43.11µg (10.78%), Vitamin C: 8.29mg (10.05%), Vitamin B1: 0.14mg (9.57%), Magnesium: 38.14mg (9.53%), Vitamin A: 469.24IU (9.38%), Vitamin K: 9.56µg (9.11%), Iron: 1.64mg (9.09%), Vitamin B5: 0.81mg (8.12%), Copper: 0.16mg (7.89%), Vitamin B3: 1.57mg (7.83%), Fiber: 1.82g (7.28%), Zinc: 1.05mg (7.02%), Vitamin B12: 0.37µg (6.17%), Vitamin D: 0.32µg (2.14%), Vitamin E: 0.29mg (1.9%)