

Potato Cake



Vegetarian



Popular

READY IN



35 min.

SERVINGS



2

CALORIES



588 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 pinch garlic salt
- ☐ 2 cups potatoes mashed
- ☐ 2 servings salt to taste
- ☐ 1 cup cheddar cheese shredded

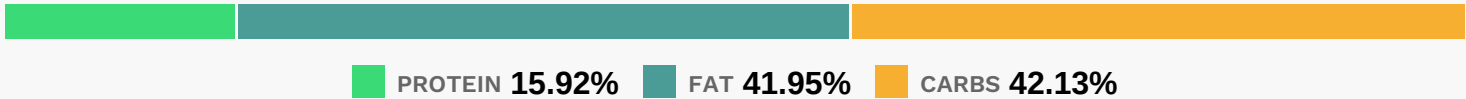
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ In a medium size mixing bowl combine mashed potatoes, egg, flour, salt (if needed) and garlic salt.
- ☐ Mix well.
- ☐ Melt butter in a large frying pan over a low heat. Drop pancake-size (4 inch circles) lumps of mashed potatoes into the frying pan. Pat to flatten to 1/2 to 1 inch thickness.
- ☐ Sprinkle some cheddar cheese onto the mashed potato cake. Spoon more potato mixture over the cheese. Flip the potato cake over when the bottom is browned (about 10 minutes). Brown the other side (about 10 minutes).

Nutrition Facts



Properties

Glycemic Index:117.88, Glycemic Load:44.48, Inflammation Score:-8, Nutrition Score:23.877826255301%

Flavonoids

Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 587.62kcal (29.38%), Fat: 27.47g (42.27%), Saturated Fat: 15.24g (95.24%), Carbohydrates: 62.08g (20.69%), Net Carbohydrates: 56.61g (20.59%), Sugar: 1.99g (2.22%), Cholesterol: 153.39mg (51.13%), Sodium: 672.15mg (29.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.47g (46.93%), Vitamin C: 41.37mg (50.15%), Selenium: 34.04µg (48.63%), Phosphorus: 457.46mg (45.75%), Calcium: 443.47mg (44.35%), Vitamin B6: 0.71mg (35.49%), Vitamin B2: 0.57mg (33.74%), Vitamin B1: 0.44mg (29.26%), Potassium: 993.13mg (28.38%), Folate: 113.2µg (28.3%), Manganese: 0.55mg (27.34%), Fiber: 5.46g (21.85%), Zinc: 3.19mg (21.28%), Vitamin B3: 4.11mg (20.54%), Iron: 3.57mg (19.81%), Magnesium: 73.22mg (18.3%), Vitamin A: 864.06IU (17.28%), Copper: 0.31mg (15.32%), Vitamin B12: 0.81µg (13.44%), Vitamin B5: 1.34mg (13.37%), Vitamin E: 0.86mg (5.71%), Vitamin K: 6µg (5.71%), Vitamin D: 0.78µg (5.19%)