



Potato Cakes

 Dairy Free

READY IN



18 min.

SERVINGS



8

CALORIES



159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon dehydrated onion dried minced
- ☐ 1 cup matzo meal
- ☐ 0.5 teaspoon pepper
- ☐ 2 pound potatoes refrigerated mashed (such as Simply Potatoes)

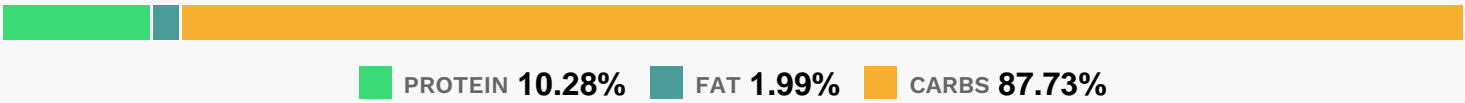
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wax paper

Directions

- ☐ Combine first 4 ingredients in a large bowl. Divide mixture into 16 portions, using about 1/3 cup in each portion. Pat each portion into a 4-inch diameter cake; place on wax paper.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat both sides of each cake with cooking spray; place in batches in pan. Reduce heat to medium; cook 1 to 2 minutes on each side or until browned.
- ☐ Remove from pan, and place on wax paper. Cool completely.

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:14.52, Inflammation Score:-3, Nutrition Score:7.4699999131262%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 158.94kcal (7.95%), Fat: 0.35g (0.54%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 35.06g (11.69%), Net Carbohydrates: 31.95g (11.62%), Sugar: 1.17g (1.3%), Cholesterol: 0mg (0%), Sodium: 6.96mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Vitamin C: 22.81mg (27.65%), Vitamin B6: 0.37mg (18.25%), Manganese: 0.31mg (15.59%), Potassium: 508.8mg (14.54%), Fiber: 3.11g (12.44%), Vitamin B1: 0.16mg (10.78%), Selenium: 6.84µg (9.76%), Vitamin B3: 1.88mg (9.42%), Phosphorus: 82.3mg (8.23%), Iron: 1.46mg (8.11%), Magnesium: 31.25mg (7.81%), Copper: 0.14mg (6.86%), Folate: 22.18µg (5.54%), Vitamin B2: 0.09mg (5.18%), Vitamin B5: 0.42mg (4.24%), Zinc: 0.46mg (3.07%), Vitamin K: 2.44µg (2.32%), Calcium: 18.04mg (1.8%)