



## Potato Cakes

READY IN



150 min.

SERVINGS



4

CALORIES



761 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 1 cup breadcrumbs
- 0.5 teaspoon dill dried
- 1 teaspoon dill dried
- 1 eggs beaten
- 0.5 cup flour all-purpose
- 1 teaspoon cilantro leaves fresh chopped
- 1.5 teaspoons cilantro leaves fresh chopped
- 0.5 teaspoon garlic powder
- 2 spring onion chopped

- 0.3 teaspoon pepper fresh black
- 0.5 teaspoon pepper fresh black
- 1 cup milk
- 0.3 cup monterrey jack cheese shredded
- 2 cups cooking oil for frying
- 3 tablespoons onion minced
- 3 tablespoons parmesan shredded
- 5 medium baking potatoes with skins
- 1 teaspoon salt
- 0.3 cup cheddar cheese shredded
- 0.3 cup cream sour
- 0.3 cup tomatoes diced seeded
- 0.5 tablespoon vinegar

## Equipment

- bowl
- frying pan
- paper towels

## Directions

- Boil potatoes for 25–30 mins or until mostly soft, but still slightly firm. Potato cakes will hold together best when the potatoes are not totally mushy. As the potatoes boil make the Herbed Ranch Salsa by combining all the ingredients in a small bowl. Cover and chill till needed.
- Drain potatoes and mash with skins on in medium bowl. and don't overly mash, just make sure there are small chunks of potato.
- Add remaining potato cake ingredients and mix well.
- Combine breadcrumbs with flour and 1 Teaspoon of Dill in large bowl.
- Combine beaten egg & milk in another large bowl. Measure approx 1/2 cup of potato mixture into your hands and shape into a patty about the size of a hamburger patty. Drop potato mixture into breading mixture, then into egg & milk, and then back into breading mixture. Be

sure to cover entire surface with breading. Arrange the potato cakes on a plate, repeat the process with remaining potato mixture. Cover and chill the potato cakes for one hour so they will be sure to stick together when fried.

Heat up shortening in skillet over medium-low heat. There should be about 1" of shortening in the pan. Fry the potato cakes in the oil 2-4 minutes or until golden brown, then drain on rack or paper towels.

Serve with Herbed Ranch Salsa drizzled over top.

## Nutrition Facts



### Properties

Glycemic Index:139.69, Glycemic Load:48.09, Inflammation Score:-8, Nutrition Score:27.685217256131%

### Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

### Nutrients (% of daily need)

Calories: 761.06kcal (38.05%), Fat: 38.01g (58.48%), Saturated Fat: 9.72g (60.74%), Carbohydrates: 86.05g (28.68%), Net Carbohydrates: 80.34g (29.21%), Sugar: 7.9g (8.78%), Cholesterol: 79.9mg (26.63%), Sodium: 1018.57mg (44.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.09g (42.18%), Vitamin B6: 1.08mg (53.78%), Vitamin B1: 0.67mg (44.34%), Manganese: 0.89mg (44.28%), Phosphorus: 428.45mg (42.84%), Potassium: 1408.15mg (40.23%), Calcium: 384.59mg (38.46%), Vitamin K: 37.86µg (36.06%), Selenium: 23.48µg (33.54%), Vitamin B2: 0.54mg (31.93%), Vitamin E: 4.41mg (29.4%), Vitamin B3: 5.72mg (28.58%), Folate: 112.42µg (28.11%), Iron: 5.02mg (27.91%), Magnesium: 99.57mg (24.89%), Vitamin C: 18.94mg (22.96%), Fiber: 5.71g (22.85%), Copper: 0.41mg (20.48%), Zinc: 2.55mg (16.98%), Vitamin B5: 1.59mg (15.88%), Vitamin A: 667.95IU (13.36%), Vitamin B12: 0.79µg (13.08%), Vitamin D: 1.02µg (6.82%)