



Potato Cakes and Eggs

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



344 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound baking potatoes diced (2 potatoes, skin on)
- ☐ 6 servings pepper black freshly ground
- ☐ 1 cup bread crumbs fresh
- ☐ 5 large eggs
- ☐ 4 sprigs thyme leaves fresh
- ☐ 2 cloves garlic minced
- ☐ 6 servings kosher salt
- ☐ 2 tablespoons milk

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup olives chopped (picholines or kalamatas or a mix)
- ☐ 2.3 cups onion thinly sliced
- ☐ 6 cups pkt spinach packed
- ☐ 2 large tomatoes diced
- ☐ 2 tablespoons butter unsalted

Equipment

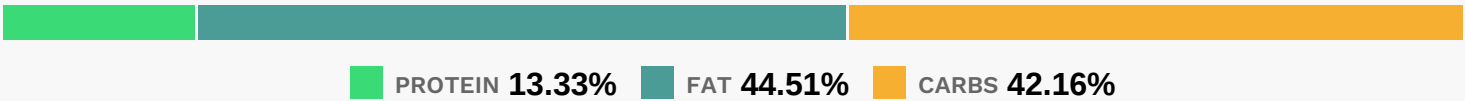
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Put potatoes in salted water and boil until tender, 12 to 15 minutes.
- ☐ Drain and smash with the milk.
- ☐ Mix in the bread crumbs and 1 of the eggs and season with salt and pepper, to taste. Pack into 4 (3-inch) patties.
- ☐ Preheat oven to 300 degrees F.
- ☐ In a nonstick pan, heat 2 tablespoons of the olive oil over high heat until the oil shimmers. Sear the potato cakes until crispy and browned, 3 to 5 minutes per side.
- ☐ Transfer to a sheet pan to keep warm in a low oven.
- ☐ Add the spinach to the pan, and cook, season with salt and pepper, and toss until just wilted, 1 to 2 minutes.
- ☐ Transfer to a bowl. In the same pan, add the remaining 2 tablespoons of oil and cook the onions, garlic and thyme until soft and slightly brown, 10 minutes.
- ☐ Add the tomatoes and olives and cook until warmed.
- ☐ Transfer to a bowl and cover with foil to keep warm.
- ☐ Melt the butter in the same pan, and fry the eggs, sunny-side up or as desired, about 4 minutes. Season with salt and pepper. While the eggs fry, divide the potato cakes among 4

plates. Top with the wilted spinach. Top each cake with a fried egg, and spoon warm tomato sauce over and around the egg.

Nutrition Facts



Properties

Glycemic Index:54.46, Glycemic Load:12.97, Inflammation Score:-10, Nutrition Score:24.807391125223%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 13.74mg, Quercetin: 13.74mg, Quercetin: 13.74mg, Quercetin: 13.74mg

Nutrients (% of daily need)

Calories: 343.86kcal (17.19%), Fat: 17.39g (26.75%), Saturated Fat: 5.22g (32.6%), Carbohydrates: 37.05g (12.35%), Net Carbohydrates: 32.46g (11.81%), Sugar: 6.3g (7%), Cholesterol: 165.63mg (55.21%), Sodium: 537.43mg (23.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.71g (23.43%), Vitamin K: 157.45µg (149.95%), Vitamin A: 3731.91IU (74.64%), Manganese: 0.75mg (37.66%), Vitamin C: 26.87mg (32.57%), Folate: 128.84µg (32.21%), Vitamin B6: 0.55mg (27.65%), Selenium: 18.59µg (26.55%), Potassium: 828.09mg (23.66%), Vitamin B2: 0.39mg (22.69%), Vitamin B1: 0.33mg (22.21%), Phosphorus: 209.3mg (20.93%), Iron: 3.57mg (19.85%), Vitamin E: 2.81mg (18.76%), Fiber: 4.59g (18.35%), Magnesium: 69.51mg (17.38%), Copper: 0.27mg (13.5%), Vitamin B3: 2.7mg (13.5%), Calcium: 131.98mg (13.2%), Vitamin B5: 1.15mg (11.49%), Zinc: 1.43mg (9.57%), Vitamin B12: 0.47µg (7.81%), Vitamin D: 0.96µg (6.39%)