



Potato Cakes with Smoked Salmon

READY IN



20 min.

SERVINGS



30

CALORIES



38 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 bunch optional: dill
- ☐ 3 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup full fat milk
- ☐ 0.5 teaspoon juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 0.8 cup smash/potato flakes
- ☐ 300 g salmon smoked

☐ 2 spring onions/scallions finely sliced

Equipment

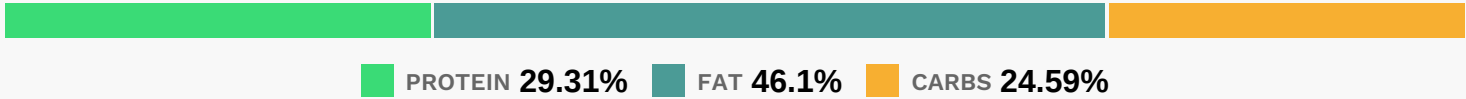
☐ frying pan

☐ whisk

Directions

- ☐ In a batter jug, whisk the eggs, milk, finely sliced spring onions/scallions and olive oil together.
- ☐ Stir in the smash/potato flakes, flour and baking powder and then finally the lemon juice.
- ☐ Heat a flat griddle, and drop tablespoon sized dollops of the mixture onto the hot griddle.
- ☐ Cook for about 30 seconds a side or until golden brown and firm enough at the sides to flip.
- ☐ Once you have made the pancakes, and they've cooled a little, tear off tiny strips of smoked salmon and arrange the small slices on each pancake.
- ☐ Decorate each salmon topped pancake with a tiny feather of dill.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:0.68, Inflammation Score:-1, Nutrition Score:2.5839130126912%

Flavonoids

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 38.11kcal (1.91%), Fat: 1.93g (2.97%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 2.17g (0.79%), Sugar: 0.29g (0.32%), Cholesterol: 19.16mg (6.39%), Sodium: 95.01mg (4.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.53%), Vitamin D: 1.84µg (12.28%), Selenium: 5.23µg (7.47%), Vitamin B12: 0.39µg (6.45%), Phosphorus: 34.47mg (3.45%), Vitamin B3: 0.64mg (3.2%), Vitamin B2: 0.04mg (2.55%), Vitamin B6: 0.05mg (2.5%), Vitamin K: 2.39µg (2.27%), Vitamin E: 0.32mg (2.15%), Vitamin B5: 0.21mg (2.06%), Vitamin B1: 0.03mg (1.99%), Vitamin C: 1.43mg (1.73%), Copper: 0.03mg (1.54%), Iron: 0.26mg (1.42%), Potassium: 49.82mg (1.42%), Calcium: 13.7mg (1.37%), Folate: 5.44µg (1.36%), Magnesium: 4.24mg (1.06%)