



Potato Cakes with Smoked Trout, Apple, and Horseradish Cream

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



150 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds baking potatoes cubed peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup panko bread crumbs Japanese breadcrumbs
- ☐ 0.5 teaspoon salt
- ☐ 12 servings trout smoked

- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup whipping cream

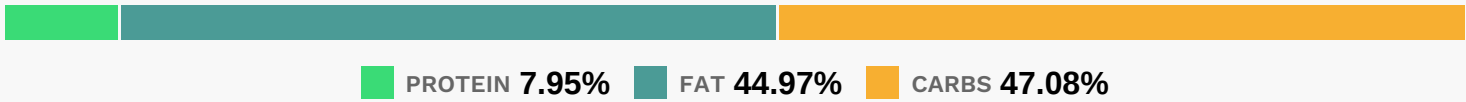
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ potato masher

Directions

- ☐ Cook potatoes in boiling salted water to cover 12 minutes or until tender.
- ☐ Drain potatoes, and transfer to a large bowl. Mash with a potato masher until smooth; stir in cream, butter, salt, and pepper.
- ☐ Let stand until cool enough to handle.
- ☐ Shape about 1/4 cup potato mixture into 1 1/2- to 2-inch patties.
- ☐ Brush patties with egg, and dredge in panko.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add potato cakes; cook, in batches, 2 to 3 minutes on each side or until golden brown on both sides.
- ☐ Drain on paper towels, and top with Smoked Trout, Apple, and Horseradish Cream.

Nutrition Facts



Properties

Glycemic Index:16.81, Glycemic Load:10.89, Inflammation Score:-2, Nutrition Score:5.1447826157445%

Nutrients (% of daily need)

Calories: 149.93kcal (7.5%), Fat: 7.65g (11.77%), Saturated Fat: 3.5g (21.88%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 16.64g (6.05%), Sugar: 1.34g (1.49%), Cholesterol: 28.63mg (9.54%), Sodium: 188.04mg (8.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.09%), Vitamin B6: 0.28mg (13.98%), Potassium:

349.22mg (9.98%), Manganese: 0.18mg (8.89%), Vitamin B1: 0.11mg (7.57%), Vitamin C: 5.58mg (6.77%), Phosphorus: 63.41mg (6.34%), Vitamin K: 6.41µg (6.1%), Vitamin B3: 1.14mg (5.71%), Iron: 1mg (5.54%), Fiber: 1.38g (5.53%), Magnesium: 21.88mg (5.47%), Folate: 21.05µg (5.26%), Copper: 0.1mg (4.88%), Selenium: 3.17µg (4.53%), Vitamin B2: 0.08mg (4.47%), Vitamin A: 183.94IU (3.68%), Vitamin B5: 0.34mg (3.41%), Calcium: 28.47mg (2.85%), Zinc: 0.4mg (2.69%), Vitamin E: 0.37mg (2.46%), Vitamin B12: 0.07µg (1.14%), Vitamin D: 0.16µg (1.08%)