



Potato & dill pancakes with gravadlax

READY IN



95 min.

SERVINGS



5

CALORIES



356 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 medium potatoes whole unpeeled (250g 10oz)
- ☐ 5 oz flour plain
- ☐ 2 eggs
- ☐ 1 tbsp double-acting baking powder
- ☐ 5 servings cooking oil for frying
- ☐ 1 tbsp optional: dill chopped
- ☐ 200 ml milk
- ☐ 0.5 cucumber sliced
- ☐ 1 small onion red thinly sliced

- ☐ 1 tsp poppy seeds
- ☐ 1 pinch sugar
- ☐ 1 tbsp optional: dill chopped
- ☐ 290 g gravlax cure

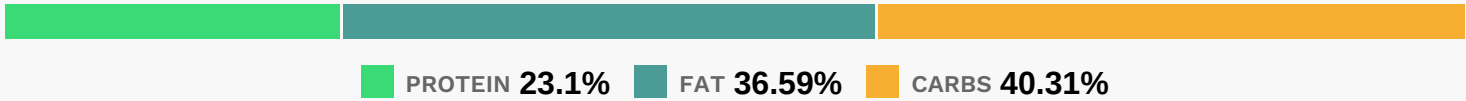
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook the potato whole for about 12 mins, until tender but not cooked all the way through. Cool under cold water, then grate with the skin on youll need 150g (5 oz) grated potato. Tip the flour into a large bowl with a pinch of salt and crack in the eggs.
- ☐ Whisk until lump-free. Gradually add the milk, whisking well.
- ☐ Add the potato, dill and the baking powder and stir well.
- ☐ Heat a little oil in a frying pan and cook 2 tbsp of the batter at a time. When you see tiny bubbles appear on the top, turn and cook on the other side for about 1 min. Keep warm while you cook the rest.
- ☐ Meanwhile, mix the salad ingredients.
- ☐ Serve the pancakes topped with gravadlax and the mixed salad.

Nutrition Facts



Properties

Glycemic Index:87.17, Glycemic Load:23.1, Inflammation Score:-5, Nutrition Score:11.546086871106%

Flavonoids

Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg

Nutrients (% of daily need)

Calories: 355.72kcal (17.79%), Fat: 14.54g (22.36%), Saturated Fat: 3.36g (20.99%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 33.62g (12.23%), Sugar: 5.18g (5.76%), Cholesterol: 99.42mg (33.14%), Sodium: 752.32mg (32.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.65g (41.29%), Selenium: 16.15µg (23.07%), Calcium: 228.63mg (22.86%), Vitamin B1: 0.31mg (20.74%), Phosphorus: 201.65mg (20.17%), Folate: 76.05µg (19.01%), Vitamin B2: 0.31mg (17.97%), Manganese: 0.36mg (17.76%), Vitamin C: 11.12mg (13.48%), Iron: 2.4mg (13.32%), Vitamin B6: 0.24mg (11.83%), Vitamin B3: 2.22mg (11.12%), Potassium: 374.46mg (10.7%), Fiber: 2.4g (9.62%), Magnesium: 31.58mg (7.89%), Vitamin B5: 0.78mg (7.75%), Copper: 0.14mg (6.97%), Vitamin B12: 0.38µg (6.32%), Zinc: 0.85mg (5.68%), Vitamin D: 0.81µg (5.37%), Vitamin K: 5.32µg (5.06%), Vitamin E: 0.74mg (4.93%), Vitamin A: 197.11IU (3.94%)