



Potato Logs



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



680 kcal

SIDE DISH

Ingredients

- ☐ 1 cup bread crumbs dry
- ☐ 1 egg white
- ☐ 1 egg yolk
- ☐ 1 cup flour all-purpose
- ☐ 2 quarts oil for deep frying
- ☐ 4 large potatoes peeled chopped
- ☐ 1 pinch penzey's southwest seasoning italian-style

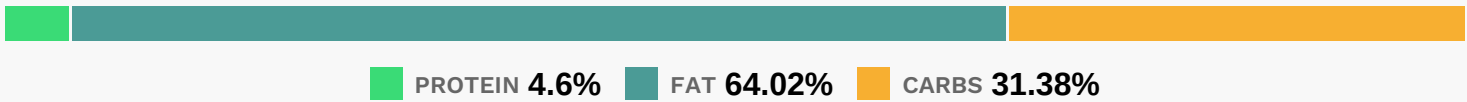
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ deep fryer

Directions

- ☐ Heat oil in deep-fryer to 375 degrees F (190 degrees C).
- ☐ Bring a large saucepan of lightly salted water to a boil.
- ☐ Place potatoes in the water and cook until tender but still firm, about 15 minutes.
- ☐ Drain and mash.
- ☐ Mix Italian-style seasoning and egg yolk into the mashed potatoes. Allow potato mixture to cool approximately 10 minutes, or until it may be safely handled.
- ☐ Place flour, egg white and dry bread crumbs in three separate small bowls.
- ☐ Roll potato mixture into 1 inch logs or balls. Cover in flour, dip in egg white and coat with bread crumbs.
- ☐ Carefully lower small batches of the coated potatoes into the deep fryer. Fry until golden brown, about 4 minutes.

Nutrition Facts



Properties

Glycemic Index:20.47, Glycemic Load:32.22, Inflammation Score:-6, Nutrition Score:17.746087227179%

Flavonoids

Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 679.78kcal (33.99%), Fat: 48.96g (75.32%), Saturated Fat: 3.93g (24.58%), Carbohydrates: 53.99g (18%), Net Carbohydrates: 48.9g (17.78%), Sugar: 2.36g (2.62%), Cholesterol: 24.3mg (8.1%), Sodium: 117.51mg (5.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.82%), Vitamin E: 8.38mg (55.86%), Vitamin C: 36.35mg (44.06%), Vitamin K: 38.27µg (36.45%), Vitamin B6: 0.58mg (28.78%), Vitamin B1: 0.4mg (27%), Manganese: 0.52mg (25.76%), Potassium: 828.65mg (23.68%), Fiber: 5.09g (20.37%), Folate: 76.02µg (19.01%), Vitamin B3: 3.77mg (18.84%), Selenium: 11.26µg (16.09%), Iron: 2.89mg (16.03%), Phosphorus: 153.67mg (15.37%), Magnesium:

52.24mg (13.06%), Copper: 0.26mg (12.94%), Vitamin B2: 0.22mg (12.88%), Vitamin B5: 0.76mg (7.64%), Zinc: 0.89mg (5.96%), Calcium: 52.55mg (5.26%), Vitamin B12: 0.09µg (1.58%)