



Potato Pancakes

 Vegetarian  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



295 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 large eggs beaten to blend
- 8 oz onion peeled halved sliced
- 0.5 teaspoon pepper
- 3 tablespoons potato flour all-purpose
- 0.5 teaspoon salt
- 2 cups vegetable oil
- 2 pounds yukon gold potatoes rinsed peeled

Equipment

- food processor
- bowl
- frying pan
- paper towels
- oven
- kitchen towels
- spatula
- grater

Directions

- Using a hand grater or food processor, shred potatoes, working over a large bowl of cold water or frequently transferring shredded potatoes to water. Shred onion and add to bowl (if using green onion, reserve).
- Let stand for 30 minutes.
- Drain potato mixture; wipe bowl clean. With your hands, squeeze excess water from a large handful of the potato mixture, then pile it on a clean kitchen towel. Enclose potatoes tightly in towel and twist it to wring out remaining moisture. Repeat to dry all potatoes, using fresh towels if need. Return potatoes to bowl.
- Add eggs, potato starch, salt, and pepper (and green onions, if using) to bowl and mix well.
- Pour 1/2 inch oil into a 10- to 12-inch frying pan (with sides at least 2 in. tall) over medium-high heat. When surface of oil ripples slightly, scoop 1/3 cup of the potato mixture into one hand, then turn it onto a wide spatula. Flatten mixture into a pancake about 1/2 inch thick. Gently slide each cake from spatula into hot oil, 3 to 4 pancakes per batch (do not crowd pan). Cook until edges of pancakes are crisp and well browned and undersides are golden brown (lift with spatula to check), about 3 minutes. Turn and cook until remaining sides are golden brown, about 3 minutes longer.
- Transfer to paper towels to drain briefly, then keep warm in a 200 oven while you cook remaining pancakes.
- Serve hot.

Nutrition Facts



■ PROTEIN 8.29% ■ FAT 48.87% ■ CARBS 42.84%

Properties

Glycemic Index:37.13, Glycemic Load:22, Inflammation Score:-7, Nutrition Score:16.363478266675%

Flavonoids

Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 294.89kcal (14.74%), Fat: 16.37g (25.18%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 32.28g (10.76%), Net Carbohydrates: 27.82g (10.12%), Sugar: 2.13g (2.37%), Cholesterol: 62mg (20.67%), Sodium: 232.68mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.5%), Vitamin K: 108.18µg (103.03%), Vitamin C: 36.89mg (44.72%), Vitamin B6: 0.5mg (24.98%), Potassium: 770.14mg (22%), Fiber: 4.45g (17.81%), Manganese: 0.34mg (17.19%), Folate: 63.11µg (15.78%), Phosphorus: 137.48mg (13.75%), Iron: 2.23mg (12.36%), Vitamin B1: 0.18mg (11.87%), Magnesium: 45.45mg (11.36%), Copper: 0.21mg (10.72%), Vitamin E: 1.59mg (10.61%), Vitamin B2: 0.17mg (10.21%), Vitamin B3: 2.03mg (10.14%), Selenium: 7.08µg (10.11%), Vitamin A: 470.8IU (9.42%), Vitamin B5: 0.75mg (7.5%), Calcium: 56.11mg (5.61%), Zinc: 0.83mg (5.53%), Vitamin B12: 0.15µg (2.47%), Vitamin D: 0.33µg (2.22%)