

Potato Pancakes



Vegetarian



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



20

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 eggs
- ☐ 1 clove garlic smashed
- ☐ 20 servings kosher salt
- ☐ 20 servings olive oil extra-virgin
- ☐ 2 tablespoons citrus champagne vinegar
- ☐ 8 yukon gold potatoes

Equipment

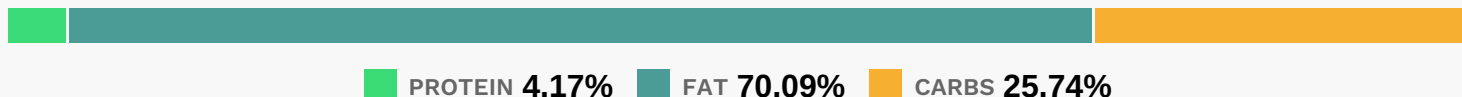
- ☐ frying pan

- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ potato masher
- ☐ box grater

Directions

- ☐ Watch how to make this recipe.
- ☐ Grate 5 of the potatoes on the largest holes of a box grater. Toss the potatoes with the vinegar and place in a mesh strainer.
- ☐ Place a couple plates on top of the potatoes and weigh the potatoes down to try and squeeze out the excess water.
- ☐ Let sit for at least 30 minutes.
- ☐ Preheat the oven to 200 degrees F.
- ☐ Cut the remaining 3 potatoes into 6 pieces each.
- ☐ Place them in a saucepan with the garlic. Cover the potatoes with water by about 1-inch. Season the water generously with salt. Bring to a boil, reduce to a simmer, and simmer until they are fork tender, 10 to 12 minutes. Strain and, while the potatoes are still hot, pass them through a food mill or mash with a potato masher.
- ☐ Combine the grated potatoes and the mashed potatoes. In a small dish, beat the 2 eggs and add to the potato mixture. Season with salt.
- ☐ Coat a large saute pan or cast iron pan with olive oil and bring to a medium high heat. Make a 3-inch patty with the potato mixture, cook it, and eat it to make sure that the potato mix is seasoned perfectly. Re-season if needed.
- ☐ Working in batches, make and cook all the pancakes, until they are brown and crispy and cooked through, 3 to 4 minutes on each side. Blot the pancakes on paper towels and sprinkle with salt. Hold on a sheet tray to keep warm in the oven until serving.

Nutrition Facts



Properties

Glycemic Index:5.69, Glycemic Load:8.71, Inflammation Score:-2, Nutrition Score:4.7343478228735%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 182.92kcal (9.15%), Fat: 14.48g (22.28%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 10.47g (3.81%), Sugar: 0.55g (0.61%), Cholesterol: 16.37mg (5.46%), Sodium: 204.54mg (8.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.88%), Vitamin C: 13.45mg (16.3%), Vitamin E: 2.07mg (13.79%), Vitamin B6: 0.21mg (10.5%), Vitamin K: 9.74µg (9.27%), Potassium: 293.72mg (8.39%), Fiber: 1.5g (6%), Manganese: 0.11mg (5.45%), Phosphorus: 47.82mg (4.78%), Magnesium: 16.27mg (4.07%), Copper: 0.08mg (3.87%), Iron: 0.7mg (3.87%), Vitamin B1: 0.06mg (3.76%), Vitamin B3: 0.72mg (3.61%), Folate: 12.95µg (3.24%), Vitamin B5: 0.27mg (2.7%), Vitamin B2: 0.04mg (2.47%), Selenium: 1.58µg (2.25%), Zinc: 0.26mg (1.71%), Calcium: 11.25mg (1.12%)