



Potato Pancakes

 Dairy Free

READY IN



25 min.

SERVINGS



9

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 eggs beaten
- ☐ 3 spring onion chopped
- ☐ 2 lb hash browns fresh shredded frozen thawed
- ☐ 2 tablespoons unbleached flour all-purpose
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 Dash salt
- ☐ 1 Dash pepper
- ☐ 1 serving olive oil for frying

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1 serving apple sauce sour for topping

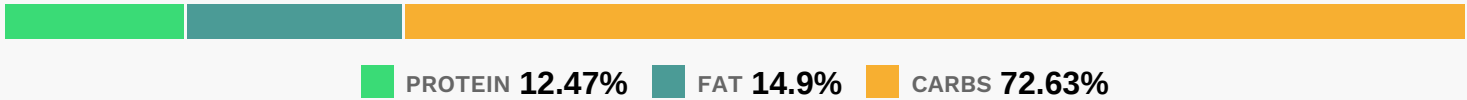
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ In large bowl, stir together thoroughly eggs, green onions, potatoes, flour, baking powder, salt and pepper.
- ☐ Heat 10-inch cast-iron skillet or large griddle over medium-high heat. Coat bottom of skillet with 1 tablespoon olive oil.
- ☐ Scoop heaping tablespoonfuls potato mixture into skillet; use pancake turner to flatten into pancake shape. Cook about 3 minutes on each side until deep golden brown and crispy. Make sure skillet is fully coated with oil before each batch.
- ☐ Serve warm with sour cream or applesauce.

Nutrition Facts



Properties

Glycemic Index:28.22, Glycemic Load:5.97, Inflammation Score:-2, Nutrition Score:5.1304348344388%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 112.46kcal (5.62%), Fat: 1.92g (2.95%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 21g (7%), Net Carbohydrates: 19.3g (7.02%), Sugar: 1.41g (1.56%), Cholesterol: 36.37mg (12.12%), Sodium: 53.1mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.21%), Vitamin C: 9.15mg (11.09%), Potassium: 323.68mg (9.25%), Manganese: 0.17mg (8.72%), Vitamin B3: 1.73mg (8.67%), Vitamin K: 8.59µg (8.18%), Phosphorus: 72.96mg (7.3%), Vitamin B1: 0.11mg (7.25%), Iron: 1.28mg (7.11%), Fiber: 1.71g (6.83%), Copper: 0.12mg (5.85%), Selenium: 4.03µg

(5.76%), Vitamin B6: 0.11mg (5.55%), Vitamin B5: 0.49mg (4.91%), Vitamin B2: 0.07mg (3.95%), Magnesium: 13.93mg (3.48%), Folate: 12.15µg (3.04%), Calcium: 25.81mg (2.58%), Zinc: 0.37mg (2.48%), Vitamin A: 96.71IU (1.93%), Vitamin B12: 0.09µg (1.45%), Vitamin E: 0.2mg (1.32%), Vitamin D: 0.2µg (1.3%)