

Potato Pancakes

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



5

CALORIES



286 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 eggs beaten
- 3 tablespoons flour all-purpose
- 1 onion finely chopped
- 5 potatoes shredded peeled
- 5 servings salt and pepper to taste
- 3 tablespoons vegetable oil

Equipment

- bowl

frying pan

spatula

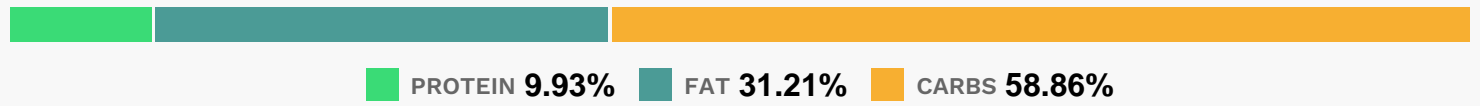
Directions

In a large bowl, stir together potatoes, eggs, onion, flour, salt and pepper.

In a large skillet, heat oil over medium high heat. Drop large spoonfuls of the potato batter into the skillet and flatten cakes slightly with a spatula. Cook for about 4 minutes on each side, until golden brown.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.15, Glycemic Load:30.18, Inflammation Score:-5, Nutrition Score:14.080869674683%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 286.49kcal (14.32%), Fat: 10.09g (15.53%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 42.83g (14.28%), Net Carbohydrates: 37.65g (13.69%), Sugar: 2.67g (2.97%), Cholesterol: 65.47mg (21.82%), Sodium: 232.53mg (10.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.23g (14.45%), Vitamin C: 43.59mg (52.84%), Vitamin B6: 0.69mg (34.33%), Potassium: 957.99mg (27.37%), Fiber: 5.18g (20.73%), Manganese: 0.39mg (19.52%), Vitamin K: 19.21µg (18.29%), Phosphorus: 167.5mg (16.75%), Vitamin B1: 0.22mg (14.86%), Folate: 54.77µg (13.69%), Magnesium: 54.3mg (13.57%), Copper: 0.26mg (12.9%), Vitamin B3: 2.55mg (12.75%), Iron: 2.23mg (12.38%), Selenium: 7.68µg (10.97%), Vitamin B2: 0.18mg (10.4%), Vitamin B5: 0.95mg (9.47%), Zinc: 0.91mg (6.09%), Vitamin E: 0.88mg (5.87%), Calcium: 41.27mg (4.13%), Vitamin B12: 0.16µg (2.61%), Vitamin D: 0.35µg (2.35%), Vitamin A: 99.74IU (1.99%)