

Potato Pancakes



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



236 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon onion
- ☐ 0.1 teaspoon pepper
- ☐ 3 medium potatoes cleaned peeled
- ☐ 0.5 teaspoon salt
- ☐ 6 servings vegetable oil

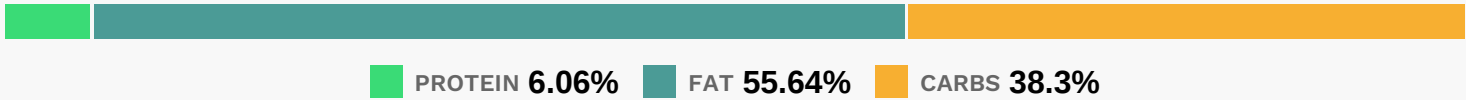
Equipment

☐ sauce pan

Directions

- ☐ Cut potatoes into quarters; place in a medium saucepan with water to cover. Bring to a boil, and cook 10 minutes.
- ☐ Drain and cool.
- ☐ Shred potatoes, and add remaining ingredients except oil, mixing well. Drop potato mixture by heaping tablespoonfuls into 1/8 inch hot oil (375); press into 2 1/2-inch rounds using the back of a fork. Fry until golden brown, turning once.
- ☐ Drain well.

Nutrition Facts



Properties

Glycemic Index:51.63, Glycemic Load:16.7, Inflammation Score:-3, Nutrition Score:8.3508695597234%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 236.33kcal (11.82%), Fat: 14.85g (22.84%), Saturated Fat: 2.4g (15.01%), Carbohydrates: 23g (7.67%), Net Carbohydrates: 20.48g (7.45%), Sugar: 0.94g (1.05%), Cholesterol: 27.28mg (9.09%), Sodium: 281.44mg (12.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.27%), Vitamin K: 27.88µg (26.55%), Vitamin C: 21.1mg (25.58%), Vitamin B6: 0.33mg (16.55%), Potassium: 467.22mg (13.35%), Manganese: 0.21mg (10.43%), Fiber: 2.52g (10.1%), Phosphorus: 96.01mg (9.6%), Vitamin B1: 0.13mg (8.66%), Vitamin E: 1.24mg (8.24%), Folate: 30.34µg (7.59%), Vitamin B3: 1.44mg (7.19%), Iron: 1.29mg (7.15%), Magnesium: 26.94mg (6.74%), Copper: 0.13mg (6.46%), Selenium: 4.35µg (6.21%), Calcium: 57.53mg (5.75%), Vitamin B2: 0.09mg (5.52%), Vitamin B5: 0.45mg (4.53%), Zinc: 0.44mg (2.96%), Vitamin B12: 0.07µg (1.09%)