



Potato Pancakes III

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



364 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons butter
- 0.3 cup ham cooked finely chopped
- 2 cloves garlic minced
- 0.3 cup milk
- 0.3 cup oil for frying
- 3 large potatoes peeled quartered
- 4 servings salt and pepper to taste
- 0.3 cup cheddar cheese shredded

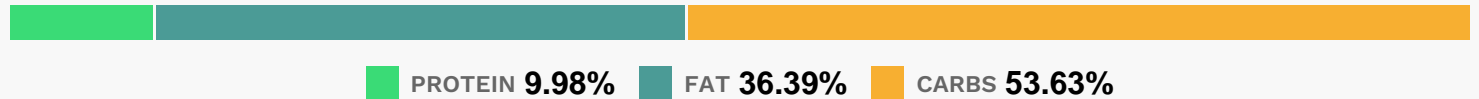
Equipment

- frying pan
- sauce pan
- pot

Directions

- Bring a large pot of salted water to a boil.
- Add potatoes, and cook until tender but still firm, about 15 minutes.
- Drain, cool and shred.
- In a medium saucepan over medium heat, mix milk, butter and garlic. Bring to a gentle boil, then mix in potatoes, ham and Cheddar cheese. Season with salt and pepper, and cook, stirring occasionally, until the mixture reaches a dough-like consistency.
- Heat oil in a large skillet over medium high heat. Drop potato mixture by rounded spoonfuls into the oil, and cook, turning once, until lightly browned on both sides.

Nutrition Facts



Properties

Glycemic Index:57.19, Glycemic Load:35.85, Inflammation Score:-6, Nutrition Score:16.566956680754%

Flavonoids

Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg, Kaempferol: 2.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 363.86kcal (18.19%), Fat: 15g (23.08%), Saturated Fat: 7.44g (46.48%), Carbohydrates: 49.74g (16.58%), Net Carbohydrates: 43.62g (15.86%), Sugar: 2.94g (3.26%), Cholesterol: 36.62mg (12.21%), Sodium: 411.72mg (17.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.25g (18.5%), Vitamin C: 56.63mg (68.65%), Vitamin B6: 0.87mg (43.38%), Potassium: 1221.85mg (34.91%), Fiber: 6.12g (24.48%), Phosphorus: 230.93mg (23.09%), Manganese: 0.45mg (22.68%), Vitamin B1: 0.27mg (18.2%), Magnesium: 69.46mg (17.37%), Vitamin B3: 3.2mg (16.01%), Copper: 0.31mg (15.7%), Iron: 2.26mg (12.55%), Folate: 46.33µg (11.58%), Calcium: 107.68mg (10.77%),

Vitamin B5: 0.99mg (9.87%), Vitamin B2: 0.16mg (9.58%), Zinc: 1.31mg (8.73%), Vitamin K: 8.23µg (7.84%), Vitamin A: 363.54IU (7.27%), Selenium: 4.84µg (6.91%), Vitamin E: 0.82mg (5.49%), Vitamin B12: 0.27µg (4.58%), Vitamin D: 0.21µg (1.4%)