



Potato Pancakes with Chick-Pea Flour, Cilantro and Cumin

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon ground pepper
- 1.5 teaspoons cumin seeds
- 2 large eggs beaten to blend
- 0.5 cup bob's mill garbanzo bean flour
- 0.5 cup cilantro leaves fresh chopped
- 0.5 cup spring onion finely chopped
- 2 teaspoons ground coriander

- 0.5 teaspoon pepper black
- 0.5 teaspoon turmeric
- 1.5 tablespoons jalapeno minced seeded
- 1.5 teaspoons salt
- 3 tablespoons vegetable oil ()
- 1 large onion white grated
- 2.5 pounds potatoes white cold grated peeled to cover

Equipment

- bowl
- frying pan
- oven
- spatula
- colander

Directions

- Place grated potatoes and onion in large colander and drain well. Using hands, squeeze mixture to extract as much liquid as possible.
- Transfer mixture to large bowl.
- Mix in green onion and next 8 ingredients.
- Heat 2 tablespoons oil in large nonstick skillet over medium-high heat.
- Add cumin seeds and turmeric and stir 30 seconds. Stir into potato mixture. Cover and let stand 30 minutes to allow flavors to blend.
- Preheat oven to 250°F.
- Heat 1 tablespoon oil in same skillet over medium heat.
- Add scant 3 tablespoons potato mixture to skillet for each pancake; using spatula, flatten to about 4-inch rounds. Cook until golden, about 5 minutes per side.
- Transfer pancakes to ovenproof dish; keep warm in oven. Repeat with remaining potato mixture, adding more oil to skillet as necessary.
- Serve warm.

Nutrition Facts

PROTEIN 12.08% FAT 29.3% CARBS 58.62%

Properties

Glycemic Index:18.99, Glycemic Load:9.26, Inflammation Score:-6, Nutrition Score:5.7282608203266%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 95.79kcal (4.79%), Fat: 3.18g (4.9%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 12.19g (4.43%), Sugar: 1.36g (1.51%), Cholesterol: 20.67mg (6.89%), Sodium: 209.01mg (9.09%), Alcohol: 0g (100%), Protein: 2.95g (5.91%), Vitamin C: 15.25mg (18.48%), Vitamin K: 13.21µg (12.58%), Vitamin B6: 0.23mg (11.59%), Manganese: 0.19mg (9.59%), Potassium: 334.88mg (9.57%), Fiber: 2.15g (8.61%), Folate: 31.31µg (7.83%), Phosphorus: 63.55mg (6.36%), Magnesium: 23.97mg (5.99%), Copper: 0.11mg (5.73%), Iron: 1mg (5.55%), Vitamin B1: 0.08mg (5.12%), Vitamin B3: 0.79mg (3.95%), Vitamin B2: 0.06mg (3.34%), Selenium: 2.31µg (3.31%), Vitamin B5: 0.31mg (3.11%), Zinc: 0.4mg (2.66%), Vitamin E: 0.37mg (2.44%), Vitamin A: 117.93IU (2.36%), Calcium: 20.17mg (2.02%)