



Potato Pancakes with Chive Yogurt Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds baking potato shredded
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 large eggs
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 cups yogurt plain low-fat
- ☐ 1 cup onion fresh grated

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 2.5 tablespoons vegetable oil divided

Equipment

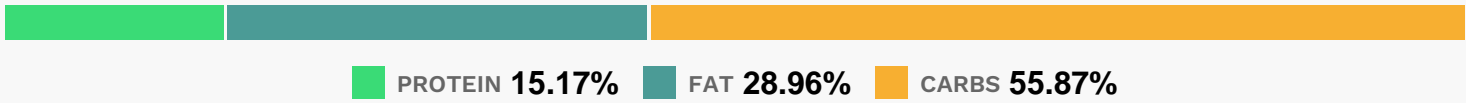
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ sieve
- ☐ plastic wrap
- ☐ wax paper
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ To prepare yogurt cheese, place a colander or sieve in a 2-quart glass measure or medium bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over the outside edge. Spoon yogurt into the colander. Cover loosely with plastic wrap, and refrigerate for 12 hours. Spoon yogurt cheese into a bowl, and discard liquid. Stir in chives, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Cover and refrigerate.
- ☐ To prepare potato pancakes, spread the potato and onion between several layers of paper towels; let stand 15 minutes or until barely moist, pressing occasionally.
- ☐ Combine flour, 1 teaspoon salt, 1/2 teaspoon pepper, and eggs in a large bowl. Stir in potato and onion.
- ☐ Heat about 2 teaspoons oil in a large nonstick skillet over medium-high heat. Spoon 2 tablespoons potato mixture for each of 6 pancakes onto pan. Cook 2 minutes on each side or until golden. Repeat procedure with the remaining oil and potato mixture.
- ☐ Serve the pancakes with yogurt cheese.

- ☐ Note: To freeze, let cooked pancakes cool completely. Stack in an airtight container between layers of wax paper, and freeze for up to 2 months. To reheat, place on a baking sheet.
- ☐ Bake at 350 for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:36.97, Glycemic Load:17.6, Inflammation Score:-4, Nutrition Score:9.974782720856%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg, Quercetin: 4.14mg

Nutrients (% of daily need)

Calories: 199.33kcal (9.97%), Fat: 6.53g (10.05%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 26.42g (9.61%), Sugar: 5.95g (6.61%), Cholesterol: 50.17mg (16.73%), Sodium: 430.57mg (18.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.4%), Vitamin B6: 0.47mg (23.5%), Potassium: 671.74mg (19.19%), Phosphorus: 184.36mg (18.44%), Vitamin B2: 0.24mg (14.26%), Calcium: 141.16mg (14.12%), Vitamin K: 13.91µg (13.25%), Manganese: 0.25mg (12.48%), Vitamin C: 9.4mg (11.4%), Magnesium: 41.38mg (10.35%), Selenium: 7.07µg (10.1%), Vitamin B1: 0.15mg (10.02%), Folate: 37.5µg (9.37%), Vitamin B5: 0.94mg (9.35%), Iron: 1.42mg (7.88%), Fiber: 1.95g (7.78%), Vitamin B12: 0.45µg (7.57%), Copper: 0.15mg (7.46%), Zinc: 1.09mg (7.3%), Vitamin B3: 1.4mg (7%), Vitamin A: 173.68IU (3.47%), Vitamin E: 0.52mg (3.46%), Vitamin D: 0.25µg (1.67%)