



Potato Pancakes with Mango Serrano Creme Fraiche and Smoked Trout

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

292 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 tablespoon cilantro leaves finely chopped
- ☐ 6 servings cilantro leaves
- ☐ 1 cup crème fraîche
- ☐ 1 large eggs lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 mangos diced pitted ripe peeled finely
- ☐ 0.5 medium onion finely chopped

- ☐ 3 tablespoons onion red finely chopped
- ☐ 2 large russet potatoes peeled
- ☐ 6 servings salt and pepper
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 serrano peppers diced peeled finely
- ☐ 0.5 pound skinned and boned trout smoked flaked
- ☐ 6 servings vegetable oil for frying

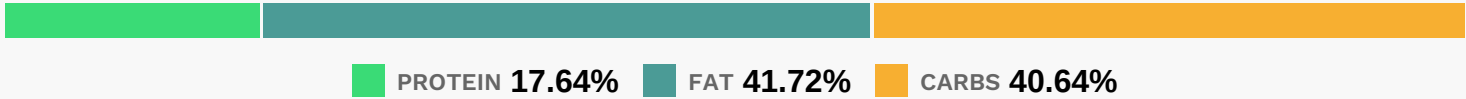
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ kitchen towels
- ☐ spatula
- ☐ grater

Directions

- ☐ Finely grate the potatoes on a hand grater.
- ☐ Place in batches into a clean kitchen towel and squeeze out as much liquid as possible, place in a large bowl.
- ☐ Add the onion, beaten egg, baking powder, flour, and cilantro, and mix to combine. Season with salt and pepper, to taste.
- ☐ Heat 1/4 cup of vegetable oil in a large cast iron skillet until almost smoking. Drop potato mixture into the skillet 1 heaping tablespoon at a time and smooth the tops with the back of a spoon to 1 1/2-inches in diameter. Fry over moderate heat, turning them once with a spatula for 3 to 4 minutes on each side, or until golden brown and crisp.
- ☐ Remove to a platter lined with paper towels. Repeat with remaining mixture, adding more oil if necessary. Top each with a small dollop of mango serrano creme fraiche, flaked trout, and a cilantro leaf.
- ☐ Combine in a medium bowl. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:75.58, Glycemic Load:20.41, Inflammation Score:-6, Nutrition Score:15.647391277811%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

Nutrients (% of daily need)

Calories: 291.82kcal (14.59%), Fat: 13.74g (21.14%), Saturated Fat: 5.05g (31.59%), Carbohydrates: 30.13g (10.04%), Net Carbohydrates: 27.84g (10.12%), Sugar: 5.15g (5.72%), Cholesterol: 75.54mg (25.18%), Sodium: 262.06mg (11.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.07g (26.15%), Vitamin B12: 3.1µg (51.65%), Manganese: 0.59mg (29.26%), Vitamin B6: 0.58mg (28.95%), Potassium: 769.49mg (21.99%), Phosphorus: 219.8mg (21.98%), Vitamin C: 15.82mg (19.17%), Vitamin B1: 0.28mg (18.43%), Vitamin B2: 0.29mg (17.21%), Vitamin B3: 3.33mg (16.65%), Selenium: 10.27µg (14.67%), Vitamin B5: 1.43mg (14.29%), Copper: 0.24mg (12.17%), Magnesium: 45.84mg (11.46%), Iron: 2.02mg (11.23%), Vitamin D: 1.64µg (10.94%), Folate: 43.62µg (10.9%), Vitamin A: 524.05IU (10.48%), Vitamin K: 9.71µg (9.24%), Calcium: 91.85mg (9.18%), Fiber: 2.29g (9.15%), Zinc: 0.9mg (6.03%), Vitamin E: 0.73mg (4.86%)