



Rosti

 Vegetarian

READY IN



40 min.

SERVINGS



2

CALORIES



413 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons chives finely chopped
- ☐ 2 eggs
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 teaspoon salt
- ☐ 2 tablespoons butter unsalted divided
- ☐ 1 tablespoon vegetable oil
- ☐ 1 pound yukon gold potatoes

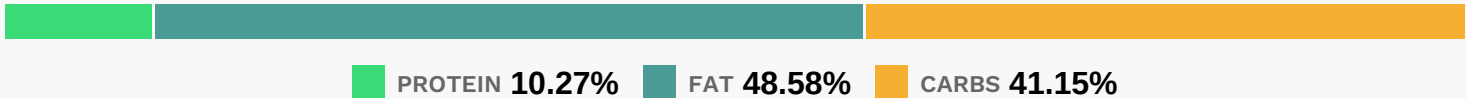
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Wash potatoes and leave skin on. In a large food processor, fitted with the shredding disk, shred the potatoes. Over a sink or bowl squeeze the water out of the shredded potatoes, making sure to get as much liquid out as possible.
- ☐ Transfer to a large bowl, add chives, salt, pepper, eggs and flour.
- ☐ Mix well. In a small nonstick skillet heat 1 tablespoon of butter and oil over moderate heat until foam subsides.
- ☐ Add potato mixture to the skillet. Flatten to make an even layer. Cook the potato cake over moderate heat, turning once and adding another tablespoon of butter. Cook until golden and crisp, about 7 minutes per side.
- ☐ Drain on a paper towel.

Nutrition Facts



Properties

Glycemic Index:117.88, Glycemic Load:31.13, Inflammation Score:-7, Nutrition Score:17.800869630731%

Flavonoids

Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 413.22kcal (20.66%), Fat: 22.61g (34.79%), Saturated Fat: 9.68g (60.49%), Carbohydrates: 43.1g (14.37%), Net Carbohydrates: 37.87g (13.77%), Sugar: 2.01g (2.23%), Cholesterol: 193.78mg (64.59%), Sodium: 1240.58mg (53.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.76g (21.51%), Vitamin C: 46.42mg (56.27%),

Vitamin B6: 0.75mg (37.54%), Potassium: 1035.35mg (29.58%), Vitamin K: 24.74µg (23.56%), Phosphorus: 225.94mg (22.59%), Selenium: 15.64µg (22.35%), Manganese: 0.43mg (21.58%), Fiber: 5.23g (20.92%), Vitamin B2: 0.3mg (17.7%), Folate: 67.44µg (16.86%), Iron: 2.8mg (15.55%), Vitamin B1: 0.23mg (15.45%), Magnesium: 60.27mg (15.07%), Copper: 0.29mg (14.66%), Vitamin A: 723.95IU (14.48%), Vitamin B5: 1.39mg (13.91%), Vitamin B3: 2.67mg (13.36%), Vitamin E: 1.38mg (9.18%), Zinc: 1.29mg (8.58%), Vitamin D: 1.09µg (7.27%), Vitamin B12: 0.42µg (6.92%), Calcium: 60.37mg (6.04%)