



Scallion Potato Pancake and Smoked-Salmon Sandwiches

 Gluten Free

READY IN



300 min.

SERVINGS



4

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons capers rinsed
- ☐ 0.5 cup crème fraîche sour
- ☐ 0.5 small onion red thinly sliced
- ☐ 2 pounds baking potatoes (baking) (4 large)
- ☐ 0.5 cup spring onion finely chopped
- ☐ 0.8 pound salmon smoked sliced
- ☐ 2.5 tablespoons butter unsalted

☐ 5 tablespoons vegetable oil

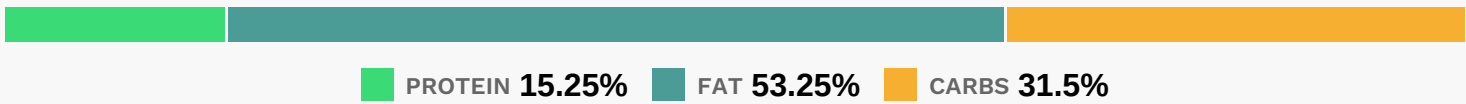
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat oven to 450°F.
- ☐ Peel potatoes and coarsely grate in a food processor. Stir together potatoes and scallions.
- ☐ Heat 1 tablespoon oil with 1/2 tablespoon butter in a 12-inch nonstick skillet over moderately high heat until foam subsides. Scoop 3 (1/4-cup) mounds of potato mixture into skillet, flattening with a spatula to form 3 1/2- to 4-inch pancakes. Reduce heat to moderate and cook, pressing down occasionally on cakes with a metal spatula (to compact cakes and prevent them from breaking when turning), until golden brown and crisp on undersides, 6 to 8 minutes. Turn cakes over carefully and cook, pressing occasionally, until golden brown and crisp, about 8 minutes more.
- ☐ Drain on paper towels, then arrange on a large baking sheet. Make more pancakes in same manner with remaining oil and butter, wiping skillet clean with paper towels between batches.
- ☐ Reheat cakes in oven 3 to 5 minutes, or until crisp. Make sandwiches with pancakes, salmon, onion, capers, and crème fraîche.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:32.71, Inflammation Score:-7, Nutrition Score:26.750000062196%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg, Kaempferol: 5.51mg Quercetin: 11.03mg, Quercetin: 11.03mg, Quercetin: 11.03mg, Quercetin: 11.03mg

Nutrients (% of daily need)

Calories: 559.04kcal (27.95%), Fat: 33.6g (51.7%), Saturated Fat: 10.86g (67.87%), Carbohydrates: 44.72g (14.91%), Net Carbohydrates: 41.08g (14.94%), Sugar: 3.28g (3.65%), Cholesterol: 55.34mg (18.45%), Sodium: 801.31mg (34.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.65g (43.3%), Vitamin D: 14.67µg (97.83%), Vitamin K: 63.39µg (60.37%), Vitamin B6: 1.06mg (52.8%), Vitamin B12: 2.85µg (47.46%), Selenium: 29.81µg (42.58%), Potassium: 1188.79mg (33.97%), Vitamin B3: 6.5mg (32.5%), Phosphorus: 297.18mg (29.72%), Copper: 0.47mg (23.32%), Manganese: 0.41mg (20.74%), Vitamin C: 16.73mg (20.27%), Vitamin E: 2.98mg (19.87%), Magnesium: 75.72mg (18.93%), Iron: 2.98mg (16.55%), Vitamin B5: 1.56mg (15.56%), Vitamin B1: 0.23mg (15.04%), Fiber: 3.64g (14.54%), Vitamin B2: 0.23mg (13.61%), Vitamin A: 604.46IU (12.09%), Folate: 46.97µg (11.74%), Calcium: 83.74mg (8.37%), Zinc: 1.11mg (7.39%)