

Smashed Potato Cake

READY IN



35 min.

SERVINGS



14

CALORIES



239 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 0.5 cup bacon crumbled cooked
- 1 large eggs lightly beaten
- 1 clove garlic minced
- 0.5 cup green onion chopped
- 0.5 teaspoon ground pepper black
- 3 tablespoons olive oil extra-virgin
- 3.5 cups panko bread crumbs divided
- 1 teaspoon salt

- 0.5 cup cheddar shredded
- 0.3 cup cup heavy whipping cream sour
- 6 cups yukon gold potatoes cubed (1-inch)

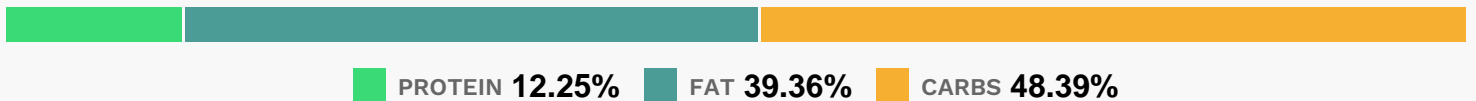
Equipment

- bowl
- frying pan
- dutch oven

Directions

- In a large Dutch oven, combine potatoes and add water to cover. Bring to a boil over medium-high heat; reduce heat, and simmer 10 to 12 minutes, or until tender.
- Drain well and mash.
- In a large bowl, combine potatoes, 2 cups panko, egg, cheese, bacon, onion, butter, sour cream, garlic, salt, and pepper. Form potatoes into 3-inch patties; dredge in remaining panko.
- In a large skillet, heat oil over medium-high heat.
- Add potato patties, and cook, 3 to 4 minutes per side, or until brown and crisp.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.2, Glycemic Load:13.08, Inflammation Score:-4, Nutrition Score:9.3234781441481%

Flavonoids

Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 238.66kcal (11.93%), Fat: 10.56g (16.24%), Saturated Fat: 4.59g (28.66%), Carbohydrates: 29.21g (9.74%), Net Carbohydrates: 26.19g (9.52%), Sugar: 1.98g (2.2%), Cholesterol: 34.23mg (11.41%), Sodium: 462.55mg (20.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.79%), Vitamin C: 20.75mg (25.15%), Vitamin B6:

0.33mg (16.65%), Manganese: 0.31mg (15.68%), Vitamin B1: 0.23mg (15.48%), Potassium: 482.15mg (13.78%), Fiber: 3.02g (12.08%), Vitamin K: 12.69µg (12.08%), Phosphorus: 113.96mg (11.4%), Vitamin B3: 2.1mg (10.48%), Selenium: 6.57µg (9.39%), Folate: 37.47µg (9.37%), Iron: 1.67mg (9.28%), Magnesium: 32.68mg (8.17%), Vitamin B2: 0.14mg (8.15%), Calcium: 78.68mg (7.87%), Copper: 0.16mg (7.85%), Zinc: 0.74mg (4.94%), Vitamin B5: 0.48mg (4.78%), Vitamin A: 224.65IU (4.49%), Vitamin E: 0.65mg (4.35%), Vitamin B12: 0.14µg (2.38%)