



Smashed Potato Pancakes

READY IN



35 min.

SERVINGS



6

CALORIES



557 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup butter room temperature
- 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 diced peeled

Equipment

- bowl
- frying pan
- dutch oven

Directions

- In a large Dutch oven, add the potatoes and cover with water. Bring to a boil over medium-high heat; then reduce heat, and simmer until tender about 10 to 12 minutes.
- Drain well and add to a large bowl.
- Mash the potatoes with the garlic and salt and pepper. Fold in 2 1/2 cups of the panko, the egg, cheese, bacon, onion, butter, and the sour cream. Form the potato mixture into 3-inch patties.
- Put the remaining 1 cup of panko in a shallow dish and dredge the potato patties in the crumbs.
- In a large skillet, heat the oil over medium-high heat.
- Add the potato patties, and cook until brown and crisp, 3 to 4 minutes per side. Arrange on a serving platter and serve immediately.

Nutrition Facts



PROTEIN 12.25% **FAT 39.36%** **CARBS 48.39%**

Properties

Glycemic Index:42.46, Glycemic Load:30.51, Inflammation Score:-7, Nutrition Score:21.752608641334%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.55mg, Quercetin:

2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 556.88kcal (27.84%), Fat: 24.63g (37.89%), Saturated Fat: 10.7g (66.87%), Carbohydrates: 68.15g (22.72%), Net Carbohydrates: 61.1g (22.22%), Sugar: 4.61g (5.12%), Cholesterol: 79.86mg (26.62%), Sodium: 1079.27mg (46.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.25g (34.5%), Vitamin C: 48.42mg (58.69%), Vitamin B6: 0.78mg (38.85%), Manganese: 0.73mg (36.6%), Vitamin B1: 0.54mg (36.13%), Potassium: 1125.01mg (32.14%), Fiber: 7.05g (28.2%), Vitamin K: 29.61µg (28.2%), Phosphorus: 265.9mg (26.59%), Vitamin B3: 4.89mg (24.44%), Selenium: 15.33µg (21.9%), Folate: 87.43µg (21.86%), Iron: 3.9mg (21.64%), Magnesium: 76.24mg (19.06%), Vitamin B2: 0.32mg (19.01%), Calcium: 183.59mg (18.36%), Copper: 0.37mg (18.33%), Zinc: 1.73mg (11.52%), Vitamin B5: 1.11mg (11.14%), Vitamin A: 524.19IU (10.48%), Vitamin E: 1.52mg (10.14%), Vitamin B12: 0.33µg (5.54%), Vitamin D: 0.22µg (1.49%)