



Smoky Potato Pancakes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 pounds baking potatoes shredded peeled (2 large)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter
- ☐ 2 large eggs
- ☐ 3 garlic clove chopped
- ☐ 1 cup leek thinly sliced
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 2 cups onion chopped

- ☐ 0.8 teaspoon salt
- ☐ 1.5 ounces sharp cheddar cheese shredded
- ☐ 2 slices bacon

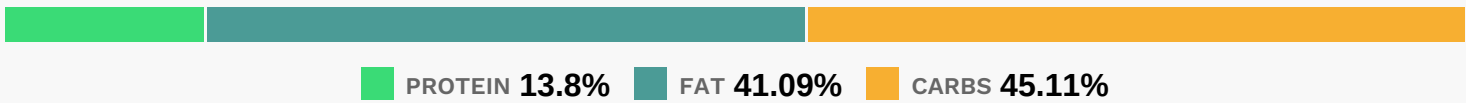
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 35
- ☐ Cook bacon in a large skillet over medium heat until crisp.
- ☐ Remove bacon from pan using a slotted spoon, and crumble.
- ☐ Add onion to drippings in pan, and cook for 5 minutes, stirring occasionally.
- ☐ Add leek and garlic; cook for 2 minutes, stirring frequently.
- ☐ Combine onion mixture, grated potato, cheddar cheese, 3/4 teaspoon salt, black pepper, and 2 large eggs in a medium bowl, stirring well.
- ☐ Divide the potato mixture into 8 equal portions, and shape each portion into a 1/2-inch-thick patty. Squeeze moisture from each patty. Melt 1 tablespoon butter in a nonstick skillet over medium-high heat.
- ☐ Add patties to pan; saut 2 minutes on each side.
- ☐ Transfer patties to a baking sheet; bake at 350 for 15 minutes or until set. Top with crumbled bacon and sour cream.

Nutrition Facts



Properties

Glycemic Index:70.69, Glycemic Load:27.02, Inflammation Score:-7, Nutrition Score:16.771304482999%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 16.3mg, Quercetin: 16.3mg, Quercetin: 16.3mg, Quercetin: 16.3mg

Nutrients (% of daily need)

Calories: 382.76kcal (19.14%), Fat: 17.8g (27.39%), Saturated Fat: 8.06g (50.36%), Carbohydrates: 43.97g (14.66%), Net Carbohydrates: 39.88g (14.5%), Sugar: 5.5g (6.11%), Cholesterol: 128.07mg (42.69%), Sodium: 711.24mg (30.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.45g (26.91%), Vitamin B6: 0.86mg (43.2%), Potassium: 988.23mg (28.24%), Manganese: 0.56mg (27.9%), Phosphorus: 263.54mg (26.35%), Selenium: 16.42µg (23.45%), Vitamin C: 19.12mg (23.17%), Vitamin B1: 0.26mg (17.54%), Folate: 69.03µg (17.26%), Calcium: 170.26mg (17.03%), Vitamin B2: 0.28mg (16.56%), Fiber: 4.08g (16.33%), Magnesium: 63.89mg (15.97%), Vitamin A: 758.58IU (15.17%), Iron: 2.7mg (15.02%), Vitamin K: 14.93µg (14.22%), Copper: 0.27mg (13.74%), Vitamin B3: 2.72mg (13.6%), Vitamin B5: 1.19mg (11.89%), Zinc: 1.69mg (11.24%), Vitamin B12: 0.49µg (8.19%), Vitamin E: 0.79mg (5.24%), Vitamin D: 0.66µg (4.43%)