



Sour Cream-Chive Potato Cakes

 Gluten Free

READY IN



70 min.

SERVINGS



25

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup chives finely chopped
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup parmesan grated
- ☐ 2 pounds russet potatoes peeled cut into 1-inch chunks (4 large)
- ☐ 25 servings salt and pepper
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 3 tablespoons butter unsalted cut into chunks

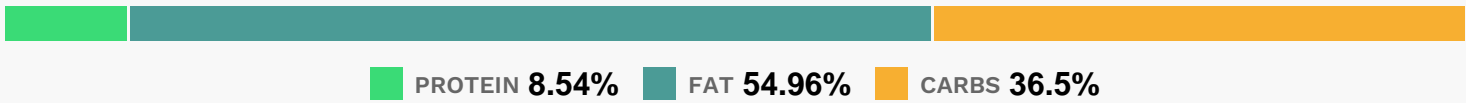
Equipment

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

Directions

- ☐ Place potatoes in a large pan, cover with water and stir in 1 tsp. salt. Leave uncovered and bring to a boil over high heat. Reduce heat to medium-low and simmer until very tender, about 15 minutes.
- ☐ Drain well.
- ☐ Transfer potatoes to a bowl; mash until smooth. Stir in Parmesan and butter, then chives and sour cream. Season with salt and pepper. When cool enough to handle, divide mixture into 8 portions and form into patties, each about 1 inch thick.
- ☐ Place on a baking sheet. (Can be made up to 24 hours ahead. Cover and refrigerate.)
- ☐ Preheat oven to 375F. Warm 2 Tbsp. oil in a large nonstick skillet over high heat until hot but not smoking.
- ☐ Add 4 patties; cook until brown, about 2 minutes per side; transfer carefully to baking sheet. Wipe out skillet. Repeat with remaining 2 Tbsp. oil and remaining patties.
- ☐ Bake patties until heated through, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:6.27, Glycemic Load:5.18, Inflammation Score:-1, Nutrition Score:2.2004347929488%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 72.36kcal (3.62%), Fat: 4.52g (6.95%), Saturated Fat: 1.73g (10.82%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 6.27g (2.28%), Sugar: 0.33g (0.37%), Cholesterol: 6.33mg (2.11%), Sodium: 228.6mg (9.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Vitamin B6: 0.13mg (6.44%), Potassium: 158.08mg (4.52%), Phosphorus: 36.3mg (3.63%), Calcium: 31.76mg (3.18%), Vitamin K: 3.28µg (3.12%), Manganese: 0.06mg (3.01%), Vitamin C: 2.4mg (2.91%), Vitamin E: 0.37mg (2.45%), Magnesium: 9.72mg (2.43%), Vitamin B1: 0.03mg (2.1%), Copper: 0.04mg (1.98%), Iron: 0.35mg (1.96%), Vitamin B3: 0.39mg (1.94%), Fiber: 0.49g (1.94%), Vitamin A: 95.51IU (1.91%), Folate: 5.97µg (1.49%), Vitamin B2: 0.02mg (1.39%), Vitamin B5: 0.13mg (1.3%), Zinc: 0.17mg (1.15%)