



 27%
HEALTH SCORE

Spicy Sweet Potato Pancakes with Holiday Guacamole

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoons chili powder
- 2 teaspoons cilantro leaves
- 1 eggs beaten
- 1 small garlic with some salt
- 2 teaspoons ground cumin
- 2 haas avocados
- 1 large baking potatoes shredded peeled

- 2 jalapeno seeded finely chopped
- 1 juice of lemon juiced
- 3 tablespoons flour all-purpose
- 1 small onion peeled
- 0.7 cup olive oil light for frying
- 0.8 cup pomegranate juice
- 0.5 medium onion red finely chopped
- 8 servings salt
- 2 teaspoons paprika smoked sweet
- 2 medium sweet potatoes and into shredded peeled

Equipment

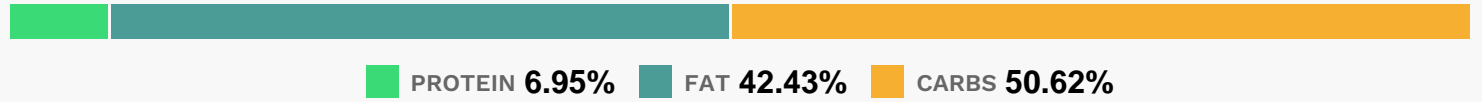
- bowl
- paper towels
- colander
- box grater

Directions

- Watch how to make this recipe.
- Heat about 1/3 cup of oil over medium to medium-high heat.
- Drain the shredded potatoes, pressing them down in a colander to get their moisture out.
- Place the potatoes in a bowl; using a box grater, grate the onion directly into the potatoes so that the onion juices fall into bowl as well.
- Add the egg and flour or meal to the bowl then season with spices and salt.
- Combine and drop enough batter into hot oil to make 2 1/2-inch pancakes.
- Add more oil, as needed, and fry cakes in batches until deeply golden on each side.
- You will get about 16 pancakes.
- Drain cooked cakes on paper towels.
- Cut the avocados in half, all the way around the pit.

- Remove the pit with a spoon, then scoop the flesh into a bowl and add the lemon juice, onion, garlic, jalapenos and a generous amount of salt. Mash the guacamole to a smooth consistency.
- Reduce the pomegranate juice to a syrup.
- Arrange the potato pancakes on a platter and top with heaping spoonfuls of guacamole.
- Drizzle pomegranate syrup over the guacamole and serve.

Nutrition Facts



Properties

Glycemic Index:53.22, Glycemic Load:14.51, Inflammation Score:-10, Nutrition Score:16.474782479846%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 242.72kcal (12.14%), Fat: 12.03g (18.51%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 32.29g (10.76%), Net Carbohydrates: 25.57g (9.3%), Sugar: 6.99g (7.77%), Cholesterol: 20.46mg (6.82%), Sodium: 259.15mg (11.27%), Alcohol: 0g (100%), Protein: 4.43g (8.87%), Vitamin A: 8708.29IU (174.17%), Fiber: 6.72g (26.88%), Vitamin B6: 0.5mg (25%), Potassium: 763.92mg (21.83%), Manganese: 0.4mg (20.25%), Vitamin C: 15.97mg (19.35%), Vitamin K: 19.3µg (18.38%), Folate: 71.97µg (17.99%), Vitamin E: 2.54mg (16.91%), Vitamin B5: 1.51mg (15.11%), Copper: 0.27mg (13.44%), Magnesium: 48.85mg (12.21%), Iron: 1.95mg (10.84%), Phosphorus: 107.94mg (10.79%), Vitamin B3: 2.15mg (10.75%), Vitamin B2: 0.18mg (10.73%), Vitamin B1: 0.16mg (10.73%), Zinc: 0.86mg (5.76%), Selenium: 3.85µg (5.5%), Calcium: 49.24mg (4.92%)