



## Sweet-Potato Pancakes with Caviar

READY IN



45 min.

SERVINGS



48

CALORIES



40 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1.5 tablespoons flour
- 1 ounce caviar black
- 2 large eggs
- 48 servings chives fresh cut into 1-inch pieces
- 0.8 cup spring onion chopped
- 0.5 teaspoon pepper black
- 2 pounds sweet potatoes and into ( 3 medium)
- 1.5 teaspoons salt
- 1 cup cream sour

- 3 tablespoons vegetable oil ()

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- baking paper
- whisk
- pot
- spatula

## Directions

- Cook sweet potatoes in large pot of boiling salted water until just tender but still firm, about 15 minutes.
- Drain and refrigerate until cold, at least 2 hours. (Can be made 1 day ahead; keep refrigerated.)
- Line large baking sheet with parchment paper. Peel potatoes and coarsely grate into large bowl. Stir in green onions.
- Whisk eggs, flour, salt, and pepper in small bowl. Gently mix into potato mixture. Form mixture into 48 walnut-size balls; transfer to prepared baking sheet. (Can be made 6 hours ahead. Cover and refrigerate.)
- Heat 3 tablespoons oil in large nonstick skillet over medium-high heat.
- Place 8 potato balls in skillet, pressing each gently with spatula to flatten to 1 1/2-inch diameter. Cook until pancakes are rich golden brown, about 2 minutes per side.
- Transfer to paper towels to drain. Repeat with remaining potato balls, adding more oil to skillet if necessary.
- Transfer pancakes to platter. Top each with 1 teaspoon sour cream and scant 1/4 teaspoon caviar.
- Garnish with chives.
- Serve warm or at room temperature.

# Nutrition Facts

PROTEIN 9.04% FAT 47.1% CARBS 43.86%

## Properties

Glycemic Index:5.04, Glycemic Load:2.04, Inflammation Score:-9, Nutrition Score:4.2882609419201%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 39.5kcal (1.97%), Fat: 2.11g (3.24%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 4.41g (1.47%), Net Carbohydrates: 3.77g (1.37%), Sugar: 1.02g (1.13%), Cholesterol: 14.05mg (4.68%), Sodium: 96.66mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin A: 2786.97IU (55.74%), Vitamin K: 7.38µg (7.03%), Manganese: 0.06mg (3.04%), Fiber: 0.64g (2.58%), Vitamin B6: 0.05mg (2.47%), Vitamin B12: 0.15µg (2.45%), Potassium: 81.44mg (2.33%), Vitamin B5: 0.23mg (2.26%), Vitamin B2: 0.04mg (2.14%), Selenium: 1.42µg (2.02%), Phosphorus: 20.2mg (2.02%), Magnesium: 8.05mg (2.01%), Copper: 0.04mg (1.75%), Vitamin C: 1.37mg (1.66%), Iron: 0.28mg (1.55%), Calcium: 15.52mg (1.55%), Folate: 6.12µg (1.53%), Vitamin B1: 0.02mg (1.41%), Vitamin E: 0.18mg (1.21%)