



Swiss Cheese Potato Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons butter
- 3 tablespoons canola oil divided
- 1 Dash ground pepper
- 3 ounces cream cheese softened
- 2 eggs
- 2 tablespoons flour all-purpose
- 2 tablespoons onion grated
- 0.1 teaspoon pepper

- 1 pound potatoes shredded peeled
- 0.3 teaspoon salt
- 0.3 cup swiss cheese shredded

Equipment

- bowl
- frying pan
- paper towels

Directions

- In a large bowl, beat cream cheese until smooth.
- Add eggs, one at a time, beating well after each addition. Gradually add flour and mix well. Stir in the potatoes, Swiss cheese, onion, salt, pepper and cayenne pepper.
- Heat butter and 2 tablespoons oil in a large nonstick skillet over medium heat. Drop batter by 1/4 cupfuls into butter and oil; press lightly to flatten. Fry in batches until golden brown on both sides, using remaining oil as needed.
- Drain on paper towels.

Nutrition Facts

PROTEIN 8.53% **FAT 67.41%** **CARBS 24.06%**

Properties

Glycemic Index:44.22, Glycemic Load:8.52, Inflammation Score:-3, Nutrition Score:5.7608696170475%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 201.86kcal (10.09%), Fat: 15.33g (23.59%), Saturated Fat: 6.21g (38.82%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 10.96g (3.99%), Sugar: 1g (1.11%), Cholesterol: 66.08mg (22.03%), Sodium: 165.22mg (7.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.73%), Vitamin C: 11.36mg (13.77%), Vitamin B6: 0.2mg

(9.93%), Phosphorus: 88.94mg (8.89%), Selenium: 6.18µg (8.83%), Vitamin E: 1.28mg (8.53%), Potassium: 277.91mg (7.94%), Vitamin A: 367.94IU (7.36%), Vitamin B2: 0.12mg (6.76%), Manganese: 0.11mg (5.58%), Calcium: 55.63mg (5.56%), Fiber: 1.35g (5.41%), Vitamin K: 5.57µg (5.3%), Folate: 19.58µg (4.9%), Vitamin B1: 0.07mg (4.59%), Magnesium: 17.27mg (4.32%), Vitamin B5: 0.43mg (4.29%), Iron: 0.75mg (4.16%), Vitamin B12: 0.23µg (3.87%), Copper: 0.08mg (3.84%), Vitamin B3: 0.73mg (3.67%), Zinc: 0.53mg (3.53%), Vitamin D: 0.22µg (1.47%)