



The Yukon via Vermont: Yukon Gold Potato Pancakes and Chunky Applesauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups all natural apple juice fresh
- 4 mcintosh apples
- 1 teaspoon baking soda
- 2 tablespoons brown sugar
- 1 teaspoon coarse salt
- 1 eggs beaten
- 0.5 teaspoon ground cinnamon

- 0.5 teaspoon nutmeg freshly grated
- 1 medium skinned onion yellow grated peeled
- 3 yukon gold potatoes shredded with hand grater medium to large peeled

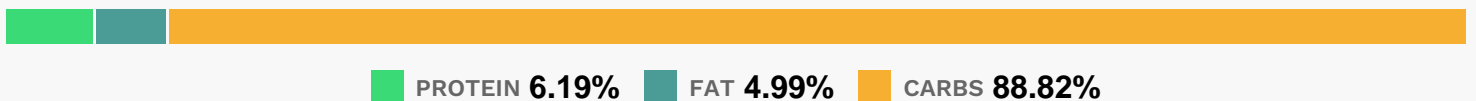
Equipment

- bowl
- frying pan
- pot
- stove
- colander

Directions

- Place chunked apples, brown sugar, juice or cider, cinnamon and nutmeg in a medium pot over medium-high heat and let cook 15 minutes, stirring occasionally and reducing heat to medium when mixture comes to a boil.
- Preheat nonstick griddle pan or skillet over medium to medium high heat.
- Put the potatoes and onion in a colander. Squeeze liquid out of potatoes/onion.
- Place potatoes/onion in a bowl and work quickly to avoid discoloring potatoes.
- Add egg, salt, baking soda, and nutmeg.
- Combine pancake mixture and place bowl near stove. Melt a pat of butter on skillet pan and drop 3 to 4 inch circles of potato mixture onto hot surface. Cook pancakes 3 or 4 minutes on each side and repeat process until pancake mixture is gone.
- Stir hot, chunky applesauce to break up cooked apples and remove from heat.
- Layer pancakes with warm apple mixture and serve.

Nutrition Facts



Properties

Glycemic Index:64.63, Glycemic Load:29.17, Inflammation Score:-6, Nutrition Score:12.029565339503%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 19.55mg, Epicatechin: 19.55mg, Epicatechin: 19.55mg, Epicatechin: 19.55mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.49mg, Quercetin: 14.49mg, Quercetin: 14.49mg, Quercetin: 14.49mg

Nutrients (% of daily need)

Calories: 301.32kcal (15.07%), Fat: 1.75g (2.7%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 70.26g (23.42%), Net Carbohydrates: 62.19g (22.61%), Sugar: 38.95g (43.28%), Cholesterol: 40.92mg (13.64%), Sodium: 887.86mg (38.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.79%), Vitamin C: 36.66mg (44.43%), Fiber: 8.07g (32.29%), Vitamin B6: 0.53mg (26.4%), Potassium: 922.14mg (26.35%), Manganese: 0.45mg (22.27%), Phosphorus: 132.06mg (13.21%), Magnesium: 49.86mg (12.46%), Vitamin B1: 0.18mg (11.8%), Copper: 0.23mg (11.35%), Vitamin B2: 0.17mg (9.83%), Iron: 1.69mg (9.38%), Folate: 36.52µg (9.13%), Vitamin B3: 1.65mg (8.27%), Vitamin B5: 0.76mg (7.6%), Vitamin K: 6.65µg (6.33%), Selenium: 4.11µg (5.87%), Calcium: 56.93mg (5.69%), Zinc: 0.67mg (4.46%), Vitamin A: 163.01IU (3.26%), Vitamin E: 0.48mg (3.2%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)