



WHATSHEATE



Turnip and Potato Patties



Vegetarian



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound turnips peeled cut into 1/4-inch cubes (1 1/3 cups)
- ☐ 6 oz potatoes peeled cut into 1/2-inch cubes (1 cup)
- ☐ 2.5 Tbsp scallion greens thinly sliced
- ☐ 1 eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 6 servings vegetable oil; peanut oil preferred
- ☐ 6 servings salt and pepper

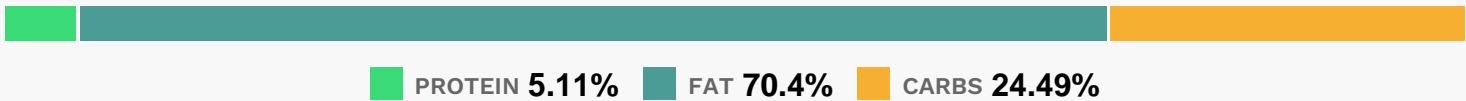
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ spatula

Directions

- ☐ Cook chopped turnip and potato in boiling water: In a large saucepan of boiling salted water, cook the turnip and potato cubes for 15 to 17 minutes, or until they are tender, and drain them.
- ☐ Mash turnips and potatoes: In a bowl, mash the cooked turnips and potatoes with a fork and stir in the scallions, the egg, flour, and salt and pepper to taste.
- ☐ Fry the patties: Coat the bottom of a large, heavy bottomed skillet with about 1/4-inch of the oil.
- ☐ Heat the pan on medium high heat until the surface of the oil begins to shimmer, but not smoke.
- ☐ Spoon 1/4-cup mounds of the turnip potato batter into the pan, flattening them into 1/2-inch thick patties with the back of a spatula.
- ☐ Fry the patties until they are golden, turning them once, about 4 minutes on each side.
- ☐ Transfer the patties to paper towels to drain off excess oil.

Nutrition Facts



Properties

Glycemic Index:43.96, Glycemic Load:7.82, Inflammation Score:-2, Nutrition Score:5.3986956088439%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 186.42kcal (9.32%), Fat: 14.82g (22.79%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 10.08g (3.67%), Sugar: 1.76g (1.95%), Cholesterol: 27.28mg (9.09%), Sodium: 232.01mg (10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Vitamin C: 13.99mg (16.96%), Vitamin E: 2.12mg (14.16%), Vitamin K: 14.22µg (13.54%), Manganese: 0.14mg (6.81%), Vitamin B6: 0.13mg (6.7%), Selenium: 4.38µg (6.26%), Folate: 24.78µg (6.2%), Potassium: 214.32mg (6.12%), Fiber: 1.51g (6.04%), Vitamin B1: 0.08mg (5.53%), Vitamin B2: 0.08mg (4.8%), Phosphorus: 47.44mg (4.74%), Iron: 0.82mg (4.56%), Copper: 0.08mg (3.89%), Vitamin B3: 0.78mg (3.88%), Magnesium: 13.21mg (3.3%), Vitamin B5: 0.3mg (2.97%), Calcium: 21.69mg (2.17%), Zinc: 0.33mg (2.17%), Vitamin A: 65.09IU (1.3%), Vitamin B12: 0.07µg (1.09%)