



Zucchini-Potato Pancakes with Eggs

READY IN



17 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper black freshly ground
- 4 large egg whites lightly beaten
- 4 large eggs
- 2 cups hash brown potatoes shredded refrigerated (such as Simply Potatoes)
- 0.3 cup italian-seasoned panko (Japanese breadcrumbs)
- 1 ounce parmesan cheese fresh shredded
- 1 cup zucchini shredded (1 small)

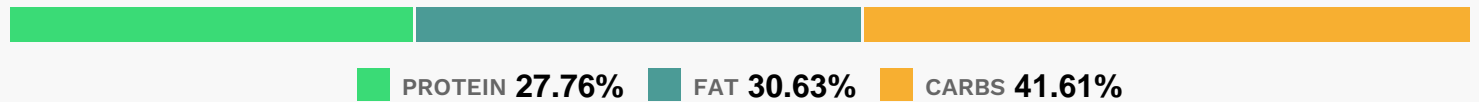
Equipment

- bowl
- frying pan

Directions

- Combine first 6 ingredients in a large bowl.
- Heat a large nonstick skillet over medium heat; heavily coat pan with cooking spray. Spoon about 1/2 cup potato mixture into 2 (5-inch) circles in pan. Cook 5 minutes; turn and cook 4 minutes or until potato is tender.
- Remove pancakes from pan, and keep warm. Repeat procedure with remaining potato mixture.
- Reheat pan over medium-high heat; heavily recoat pan with cooking spray. Crack 4 eggs into pan; sprinkle with 1/8 teaspoon black pepper, and coat tops of eggs with cooking spray. Cover and cook 3 minutes or until whites have just set and yolks begin to thicken but are not hard or until desired degree of doneness. Slide 1 egg onto each pancake.
- Serve with salsa and sour cream, if desired.
- Serve with: Spinach Salad with Strawberries

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:5.5, Inflammation Score:-4, Nutrition Score:12.106956523398%

Flavonoids

Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 223.1kcal (11.15%), Fat: 7.6g (11.69%), Saturated Fat: 2.97g (18.58%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 21.22g (7.72%), Sugar: 1.48g (1.65%), Cholesterol: 190.82mg (63.61%), Sodium: 292.39mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.49g (30.98%), Selenium: 24.88µg (35.54%), Vitamin B2: 0.46mg (26.83%), Phosphorus: 220.75mg (22.08%), Vitamin C: 14.16mg (17.16%), Potassium: 519.31mg (14.84%), Manganese: 0.29mg (14.28%), Calcium: 137.38mg (13.74%), Vitamin B5: 1.29mg (12.87%), Iron: 2.3mg (12.79%),

Vitamin B6: 0.24mg (12%), Vitamin B1: 0.18mg (11.76%), Vitamin B3: 2.23mg (11.15%), Folate: 41µg (10.25%), Vitamin B12: 0.57µg (9.55%), Copper: 0.18mg (8.91%), Zinc: 1.23mg (8.17%), Fiber: 2g (7.98%), Magnesium: 31.81mg (7.95%), Vitamin A: 388.38IU (7.77%), Vitamin D: 1.04µg (6.9%), Vitamin E: 0.58mg (3.88%), Vitamin K: 2.16µg (2.06%)