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Potato Rosti

Potato Rosti is a traditional Swiss dish made from grated potatoes. It is typically pan-fried until crispy on the outside and tender on the inside. This dish is commonly served as a breakfast or brunch item, but can also be enjoyed as a side dish or main course.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	potatoes
1 tsp	salt
0.5 tsp	black pepper
2 tbsp	vegetable oil

Directions

Step 1

Cutting

Peel and grate the potatoes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Pressing

Place the grated potatoes in a clean kitchen towel and squeeze out any excess moisture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the grated potatoes, salt, and black pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Heating

Heat vegetable oil in a non-stick skillet over medium heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Frying

Divide the potato mixture into four equal portions and shape each portion into a flat round patty.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Frying

Carefully place the patties in the skillet and cook for about 5-7 minutes on each side, or until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Remove the potato rosti from the skillet and drain on paper towels.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 207 kcal

Fat: 1 g

Protein: 5 g

Carbohydrates: 47 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	5 g	29.41%	29.41%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	47 g	85.45%	94%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	44 mg	48.89%	58.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	51 mg	3923.08%	3923.08%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	588 mg	25.57%	25.57%
Calcium	3 mg	0.3%	0.3%
Iron	11 mg	137.5%	61.11%
Potassium	1197 mg	35.21%	46.04%
Zinc	11 mg	100%	137.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Meal Type

Breakfast

Lunch

Dinner

Snack

Difficulty Level

Easy

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