



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Vegan Potato Pancakes ✦

Vegan potato pancakes are a delicious and healthy alternative to traditional potato pancakes. Made with grated potatoes, onions, and a few simple ingredients, these pancakes are crispy on the outside and soft on the inside. They are perfect for breakfast, brunch, or as a side dish for any meal. Enjoy them with your favorite vegan toppings and sauces.

Recipe Type: Vegan

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
100 g	onion
50 g	Flour
1 tsp	Salt

0.5 tsp Pepper

4 tbsp Vegetable Oil

Directions

Step 1

Grating

Peel and grate the potatoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Finely chop the onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the grated potatoes, chopped onion, flour, salt, and pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Frying

Heat vegetable oil in a frying pan over medium heat.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Frying

Scoop a spoonful of the potato mixture and flatten it in the frying pan to form a pancake. Repeat with the remaining mixture.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Frying

Cook each pancake for about 4-5 minutes on each side, until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Remove the pancakes from the frying pan and place them on a paper towel to drain excess oil.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve the vegan potato pancakes hot with your favorite vegan toppings and sauces.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 7 g

Protein: 4 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
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	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Vitamin A	0 iu	0%	0%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	450 mg	13.24%	17.31%
Zinc	6 mg	54.55%	75%
Selenium	4 mcg	7.27%	7.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Vegan Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com