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Baked Potato Pancakes ♦♦

Baked Potato Pancakes are a delicious and versatile dish that can be enjoyed as a main course or a side dish. They are made with grated potatoes, onions, and a few other ingredients, then baked until crispy on the outside and tender on the inside. These pancakes are perfect for breakfast, brunch, or even dinner. They are a great way to use up leftover mashed potatoes, and they can be served with sour cream, applesauce, or any other topping of your choice.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	potatoes
100 g	onion
2 pieces	egg

50 g	all-purpose flour
1 tsp	salt
0.5 tsp	black pepper
4 tbsp	vegetable oil

Directions

Step 1

Cut

Peel and grate the potatoes and onion.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Pressing

Place the grated potatoes and onion 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, onion, egg, flour, salt, and black pepper.

Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Heating

Heat the vegetable oil in a large oven-safe skillet over medium heat.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Frying

Drop spoonfuls of the potato mixture into the hot skillet and flatten them with the back of a spoon.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Frying

Cook the pancakes for 3-4 minutes on each side, until golden brown.

Prep Time: 0 mins

Cook Time: 8 mins

Step 8

Oven

Transfer the skillet to the preheated oven and bake for 10-12 minutes, until the pancakes are crispy and cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 250 kcal

Fat: 7 g

Protein: 6 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	4 g	10.53%	16%
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	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	900 mg	26.47%	34.62%
Zinc	10 mg	90.91%	125%
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

Course

Breads

Side Dishes

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Meal Type

Brunch

Supper

Difficulty Level

Medium

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