

**Basic Report 11672, Potato pancakes [a](#)**

Report Date: January 29, 2015 07:20 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 small 2-3/4 in. dia., 5/8 in. thick. 22g	1 medium 3-1/4 in. x 3-5/8 in., 5/8 in. thick. 37g
<b>Proximates</b>				
Water	g	47.77	10.51	17.67
Energy	kcal	268	59	99
Protein	g	6.08	1.34	2.25
Total lipid (fat)	g	14.76	3.25	5.46
Carbohydrate, by difference	g	27.81	6.12	10.29
Fiber, total dietary	g	3.3	0.7	1.2
Sugars, total	g	1.79	0.39	0.66
<b>Minerals</b>				
Calcium, Ca	mg	32	7	12
Iron, Fe	mg	1.67	0.37	0.62
Magnesium, Mg	mg	36	8	13
Phosphorus, P	mg	128	28	47
Potassium, K	mg	622	137	230
Sodium, Na	mg	764	168	283
Zinc, Zn	mg	0.70	0.15	0.26
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	27.6	6.1	10.2
Thiamin	mg	0.158	0.035	0.058
Riboflavin	mg	0.173	0.038	0.064
Niacin	mg	1.672	0.368	0.619
Vitamin B-6	mg	0.448	0.099	0.166
Folate, DFE	µg	45	10	17
Vitamin B-12	µg	0.29	0.06	0.11
Vitamin A, RAE	µg	32	7	12
Vitamin A, IU	IU	113	25	42
Vitamin E (alpha-tocopherol)	mg	0.23	0.05	0.09

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Vitamin D (D2 + D3)	µg	0.3	0.1	0.1
Vitamin D	IU	11	2	4
Vitamin K (phylloquinone)	µg	2.7	0.6	1.0
<b>Lipids</b>				
Fatty acids, total saturated	g	2.496	0.549	0.924
Fatty acids, total monounsaturated	g	3.730	0.821	1.380
Fatty acids, total polyunsaturated	g	7.516	1.654	2.781
Cholesterol	mg	95	21	35
<b>Other</b>				
Caffeine	mg	0	0	0

**Footnotes**

<sup>a</sup> Recipe: Potatoes, 72%; eggs, 12%; onions, 7%; margarine, 7%; flour, 2%; and salt, 1%.