

Hobe's Potato Cakes

Anita Wells - Palm City, FL
Palm Beach Post

1 cup mashed potatoes
1 egg
4 tablespoons flour
1/2 teaspoon baking powder
1 teaspoon salt
1/4 cup milk

In a bowl, mix all of the ingredients thoroughly.

Form into four to six patties.

In a skillet, fry the cakes in 1/4-inch of oil.

Flip over when the edges are brown.

Per Serving (excluding unknown items): 392 Calories; 12g Fat (27.5% calories from fat); 16g Protein; 55g Carbohydrate; 5g Dietary Fiber; 224mg Cholesterol; 2967mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	392	Vitamin B6 (mg):	.5mg
% Calories from Fat:	27.5%	Vitamin B12 (mcg):	.9mcg
% Calories from Carbohydrates:	56.4%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	16.1%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	12g	Folacin (mcg):	50mcg
Saturated Fat (g):	4g	Niacin (mg):	4mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	224mg	% Refuse:	0.0%
Carbohydrate (g):	55g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	3
Protein (g):	16g	Lean Meat:	1
Sodium (mg):	2967mg	Vegetable:	0
Potassium (mg):	897mg	Fruit:	0
Calcium (mg):	318mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	1 1/2

Zinc (mg): 2mg
Vitamin C (mg): 7mg
Vitamin A (i.u.): 510IU
Vitamin A (r.e.): 120 1/2RE

Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories	392	Calories from Fat: 108
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% Daily Values*

Total Fat	12g	18%
Saturated Fat	4g	21%
Cholesterol	224mg	75%
Sodium	2967mg	124%
Total Carbohydrates	55g	18%
Dietary Fiber	5g	19%
Protein	16g	

Vitamin A	10%
Vitamin C	11%
Calcium	32%
Iron	22%

* Percent Daily Values are based on a 2000 calorie diet.