



Broccoli Slaw & Sweet Potato Fritters

Servings

4

Calories

230

Prep Time

15 minutes

Total Time

45 minutes

Skill Level

Medium

Ingredients

1 (10 ounces) packages Mann's Organic Broccoli Cole Slaw

1 small shallot, diced

2 small sweet potatoes

2 large eggs, scrambled

1 egg white

¼ teaspoon cracked pepper

¼ teaspoon salt

4 tablespoons butter, divided



The Method

Wash, peel, and shred your sweet potatoes. Add shredded sweet potato, diced shallot, and Mann's Organic Broccoli Cole Slaw to a mixing bowl and mix to combine. Add eggs, egg white, salt, and pepper and mix well.

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Heat a large skillet over medium-low heat. Add 1 tablespoon butter to skillet and allow to melt and coat bottom evenly. Using your hands, add a palmful of the mixture to the skillet and flatten down to form circular fritters of even thickness (about ½"). Cook for 4-5 minutes, or until golden brown. Then, use a spatula to flip and cook for an additional 5 minutes on the other side. Repeat steps with remaining mixture and butter..

Nutrition Facts

Serving Size: 193g | Servings: 4

Amount Per Serving

Calories 230 | Total Fat 15g (sat fat 8g trans 0.5g) | Cholesterol 115mg | Sodium 360mg | Total Carbohydrate 19g |

Dietary Fiber 4g | Sugars 5g (Includes 0g Added Sugars) | Protein 7g | Vitamin D 6% | Calcium 6% | Iron 6% | Potassium 10%