



## Adam and Maxine's Famous Latkes

READY IN



45 min.

SERVINGS



24

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 24 servings apple sauce
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup breadcrumbs dried plain fine
- ☐ 1 pound onion yellow ( 2)
- ☐ 2 large eggs
- ☐ 3.5 teaspoons kosher salt
- ☐ 3 pounds baking potatoes (4-6)
- ☐ 2 tablespoons cooking fat () (chicken fat; optional)

- ☐ 24 servings cream sour
- ☐ 2 tablespoons vegetable oil ()

## Equipment

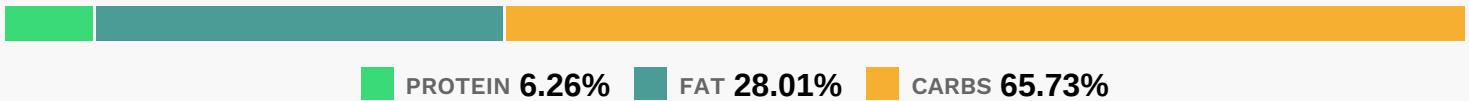
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ kitchen towels
- ☐ spatula
- ☐ box grater

## Directions

- ☐ Preheat oven to 325°F. Peel potatoes. Using the large holes of a box grater or the grater disk on a food processor, grate potatoes and onions.
- ☐ Transfer to a large kitchen towel. Gather ends of towel; twist over sink and squeeze firmly to wring out as much liquid as possible. Open towel; toss mixture to loosen. Gather towel; wring out once more.
- ☐ Whisk eggs, breadcrumbs, salt, baking powder, and pepper in a medium bowl to blend.
- ☐ Add potato mixture. Using your fingers, mix until well coated. (Latke mixture should be wet and thick, not soupy.)
- ☐ Line a large rimmed baking sheet with several layers of paper towels. Set a wire rack inside another large rimmed baking sheet; set aside.
- ☐ Heat 2 tablespoons schmaltz, if using, and 2 tablespoons oil (or 4 tablespoons oil if not using schmaltz; fat should measure about 1/8") in a 12" nonstick skillet over medium-high heat. Drop a small amount of latke mixture into pan. If the fat sizzles around the edges, it's ready. (Do not let fat smoke.)

- ☐ Working in batches and adding moreschmaltz and oil to skillet as needed to maintain 1/8" fat, drop large spoonfuls of mixture into pan, pressing gently with the back of a spoon or spatula to flatten slightly. (If mixture becomes watery between batches, mix to incorporate; do not drain.)
- ☐ Cook latkes, occasionally rotating pan for even browning, until golden brown and cooked through, 2 1/2–3 minutes per side. (If small pieces of potato floating in the oil start to burn, carefully strain out.)
- ☐ Transfer latkes to paper towel-lined baking sheet to drain, then transfer to prepared wire rack.
- ☐ Place sheet with latkes in oven to keep warm and crisp while cooking remaining latkes.
- ☐ Serve warm latkes with applesauce and sour cream.

## Nutrition Facts



## Properties

Glycemic Index:9.82, Glycemic Load:8.54, Inflammation Score:-3, Nutrition Score:5.2226086595784%

## Flavonoids

Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg, Isorhamnetin: 0.95mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg, Quercetin: 6.28mg

## Nutrients (% of daily need)

Calories: 157.6kcal (7.88%), Fat: 5.17g (7.95%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 24.84g (9.03%), Sugar: 13.1g (14.56%), Cholesterol: 23.49mg (7.83%), Sodium: 398.37mg (17.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin B6: 0.26mg (13.23%), Potassium: 377.68mg (10.79%), Fiber: 2.46g (9.83%), Manganese: 0.16mg (8.01%), Vitamin C: 5.96mg (7.22%), Phosphorus: 69.33mg (6.93%), Vitamin B1: 0.1mg (6.79%), Vitamin B2: 0.1mg (6.13%), Iron: 0.99mg (5.47%), Copper: 0.11mg (5.37%), Calcium: 53mg (5.3%), Magnesium: 20.91mg (5.23%), Folate: 19.07µg (4.77%), Vitamin B3: 0.8mg (4%), Vitamin K: 4.09µg (3.9%), Selenium: 2.7µg (3.86%), Vitamin B5: 0.35mg (3.55%), Vitamin E: 0.42mg (2.78%), Vitamin A: 133.7IU (2.67%), Zinc: 0.34mg (2.29%), Vitamin B12: 0.07µg (1.1%)