



Basic Potato Latkes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



208 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 pounds baking potatoes peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons canola oil divided
- ☐ 0.3 cup egg substitute
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 teaspoon kosher salt
- ☐ 6 ounces onion peeled

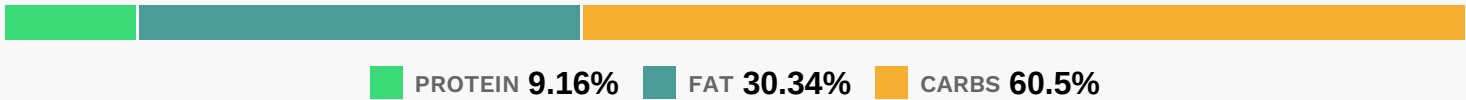
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Shred potato and onion using the shredding blade of a food processor.
- ☐ Combine shredded potato and onion in a colander over a large bowl, tossing well to combine.
- ☐ Let mixture stand 15 minutes, pressing occasionally with the back of a spoon until most of liquid drains off.
- ☐ Remove colander from bowl. Carefully pour off the potato liquid, reserving thick white layer of potato starch in the bottom of the bowl. Discard potato liquid.
- ☐ Combine egg substitute, flour, salt, and pepper in a small bowl, stirring with a whisk.
- ☐ Add egg mixture to potato starch in large bowl, stirring well with a whisk to combine.
- ☐ Add potato mixture and parsley to bowl, tossing well to combine.
- ☐ Heat a 12-inch nonstick skillet over medium-high heat.
- ☐ Add 1 1/2 tablespoons canola oil to pan, swirling to coat.
- ☐ Add potato mixture in 1/4-cupfuls to pan to form 6 latkes; flatten slightly. Cook 4 minutes on each side or until golden brown.
- ☐ Remove latkes from pan; keep warm. Repeat procedure with remaining 1 1/2 tablespoons oil and remaining potato mixture.

Nutrition Facts



Properties

Glycemic Index:41.79, Glycemic Load:23.49, Inflammation Score:-5, Nutrition Score:11.002173929111%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 207.68kcal (10.38%), Fat: 7.2g (11.07%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 32.29g (10.76%), Net Carbohydrates: 29.67g (10.79%), Sugar: 2.37g (2.63%), Cholesterol: 0mg (0%), Sodium: 417.64mg (18.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.78%), Vitamin K: 48.99µg (46.66%), Vitamin B6: 0.57mg (28.63%), Potassium: 710.9mg (20.31%), Vitamin C: 14.09mg (17.08%), Manganese: 0.31mg (15.36%), Vitamin B1: 0.17mg (11.39%), Fiber: 2.62g (10.47%), Phosphorus: 102.86mg (10.29%), Magnesium: 41.06mg (10.27%), Iron: 1.84mg (10.22%), Vitamin E: 1.43mg (9.51%), Folate: 36.54µg (9.14%), Vitamin B3: 1.79mg (8.97%), Copper: 0.18mg (8.89%), Selenium: 5.73µg (8.19%), Vitamin B5: 0.68mg (6.78%), Vitamin B2: 0.11mg (6.54%), Vitamin A: 235.63IU (4.71%), Zinc: 0.63mg (4.21%), Calcium: 37.91mg (3.79%), Vitamin D: 0.16µg (1.07%)