

Cajun Potato Latkes

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



80 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 teaspoons cajun spice to taste
- 2 eggs beaten
- 0.3 cup spring onion chopped
- 0.3 onion shredded
- 2 cups potatoes shredded peeled

Equipment

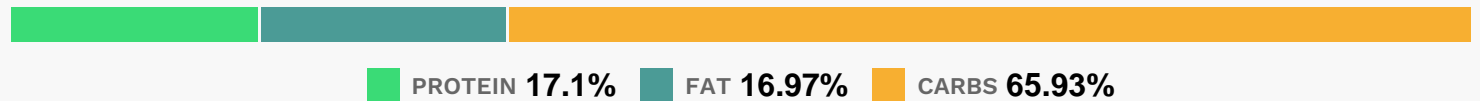
- bowl
- frying pan

paper towels

Directions

- Place the potatoes in a cloth, and wring them to remove as much moisture as possible.
- Mix the potatoes, onion, green onion, eggs, flour, and Cajun seasoning together in a bowl until thoroughly combined.
- Heat the oil in a large, heavy skillet over medium heat until it shimmers (oil should be about 1/3 inch deep). Drop about 2 tablespoons of the potato mixture per patty into the hot oil, and flatten the potatoes to make the patties 1/4 to 1/2-inch thick. Brown the patties in the hot oil until golden and crisp on the bottom, about 5 minutes, then flip and cook on the other side.
- Drain the latkes on paper towels, and serve hot.

Nutrition Facts



Properties

Glycemic Index:26.29, Glycemic Load:9.15, Inflammation Score:-4, Nutrition Score:6.1708695370218%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 79.89kcal (3.99%), Fat: 1.54g (2.37%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 13.44g (4.48%), Net Carbohydrates: 11.5g (4.18%), Sugar: 0.98g (1.08%), Cholesterol: 54.56mg (18.19%), Sodium: 26.44mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.97%), Vitamin C: 15.18mg (18.4%), Vitamin K: 13.29µg (12.66%), Vitamin B6: 0.25mg (12.55%), Potassium: 348.36mg (9.95%), Fiber: 1.94g (7.75%), Vitamin A: 382.35IU (7.65%), Phosphorus: 73.89mg (7.39%), Selenium: 4.8µg (6.86%), Manganese: 0.13mg (6.7%), Vitamin B2: 0.1mg (5.96%), Folate: 22.76µg (5.69%), Iron: 1mg (5.56%), Magnesium: 20.32mg (5.08%), Copper: 0.1mg (4.81%), Vitamin B1: 0.07mg (4.58%), Vitamin B5: 0.45mg (4.54%), Vitamin B3: 0.83mg (4.17%), Zinc: 0.44mg (2.96%), Calcium: 22.81mg (2.28%), Vitamin E: 0.34mg (2.25%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)