



Carrot and Zucchini Latkes

 Vegetarian

READY IN



50 min.

SERVINGS



50

CALORIES



24 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 lb carrots peeled
- 0.5 cup knudsen cream sour
- 2 eggs beaten
- 3 Tbsp flour
- 1 Tbsp chives fresh chopped
- 0.3 tsp ground pepper black
- 0.3 cup oil
- 1 small onion

0.5 lb zucchini

Equipment

bowl

frying pan

paper towels

kitchen towels

box grater

Directions

Grate carrots, zucchini and onions using large holes of box grater; place vegetables on center of large clean kitchen towel. Bring up ends of towel and twist together to form pouch. Holding pouch over sink, squeeze out excess moisture from vegetables.

Place vegetables in large bowl.

Add eggs, flour and pepper; mix well.

Heat oil in medium nonstick skillet on medium-high heat. For each latke, carefully add 1 Tbsp. of the vegetable mixture to skillet, cooking 2 to 3 latkes at a time. Immediately spread each mound into thin circle with back of spoon. Cook 3 to 4 min. on each side or until golden brown on both sides.

Drain on paper towels. Repeat with remaining vegetable mixture.

Serve topped with sour cream.

Sprinkle with chives.

Nutrition Facts



PROTEIN 7.91% **FAT 65.62%** **CARBS 26.47%**

Properties

Glycemic Index:4.82, Glycemic Load:0.58, Inflammation Score:-7, Nutrition Score:2.3160869692979%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 23.7kcal (1.19%), Fat: 1.78g (2.73%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.27g (0.46%), Sugar: 0.69g (0.77%), Cholesterol: 7.9mg (2.63%), Sodium: 9.9mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin A: 1551.14IU (31.02%), Vitamin K: 2.38µg (2.27%), Vitamin E: 0.29mg (1.93%), Vitamin C: 1.51mg (1.83%), Vitamin B2: 0.02mg (1.42%), Manganese: 0.03mg (1.41%), Potassium: 49.01mg (1.4%), Fiber: 0.34g (1.36%), Vitamin B6: 0.03mg (1.29%), Folate: 4.93µg (1.23%), Selenium: 0.8µg (1.15%), Phosphorus: 11.07mg (1.11%)