



Carrot Latkes (Pancakes)



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



60

CALORIES



34 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 pinch pepper black freshly ground
- ☐ 2 cups carrots grated
- ☐ 3 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 6 green onions chopped
- ☐ 60 servings oil for frying or as needed
- ☐ 0.8 teaspoon salt

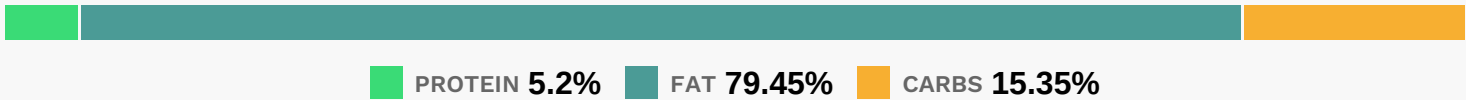
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ Pour about 1/2-inch depth of oil in a large saucepan or electric skillet and heat to 350 degrees F (175 degrees C).
- ☐ Mix carrots, green onion, flour, and baking powder together in a bowl until carrots are evenly coated. Beat eggs, salt, and pepper together in a separate bowl; pour over carrot mixture. Stir mixture until combined and moistened.
- ☐ Spoon small mounds of carrot mixture, working in batches, into the hot oil; cook until browned, 2 to 3 minutes per side.
- ☐ Transfer latkes using a slotted spoon to a paper towel-lined plate.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:1.5521739086379%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 33.84kcal (1.69%), Fat: 3.03g (4.66%), Saturated Fat: 0.28g (1.74%), Carbohydrates: 1.32g (0.44%), Net Carbohydrates: 1.14g (0.41%), Sugar: 0.24g (0.27%), Cholesterol: 8.18mg (2.73%), Sodium: 38.88mg (1.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.89%), Vitamin A: 736.64IU (14.73%), Vitamin K: 5.06µg (4.82%), Vitamin E: 0.55mg (3.66%), Selenium: 1.04µg (1.49%), Folate: 4.52µg (1.13%), Vitamin B2: 0.02mg (1.1%)