



Carrot Potato Latkes



Vegetarian



Dairy Free

READY IN



60 min.

SERVINGS



24

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.7 cup flour
- ☐ 0.8 pound carrots (4 medium)
- ☐ 3 large eggs lightly beaten
- ☐ 2 tablespoon juice of lemon fresh
- ☐ 1 large onion
- ☐ 1.5 pounds baking potatoes (baking) (3)
- ☐ 1 cup vegetable oil

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ kitchen towels
- ☐ spatula
- ☐ box grater

Directions

- ☐ Preheat oven to 250°F with rack in upper and lower thirds.
- ☐ Place 1 or 2 cooling racks on top of a large rimmed sheet pan with metal cooling rack(s).
- ☐ Peel carrots and coarsely shred in a food processor fitted with medium shredding disk (or coarsely grate into a bowl using large teardrop-shaped holes on a box grater).
- ☐ Repeat with potatoes and onion.
- ☐ Add lemon juice and toss to coat.
- ☐ Transfer mixture to a kitchen towel (not terry cloth) and enclose in towel, then wring out as much liquid as possible.
- ☐ Wipe bowl clean, then return vegetables to bowl and stir in flour, eggs, and 1 teaspoon salt until just combined.
- ☐ Heat oil in a large 12-inch nonstick skillet over medium-high heat until it shimmers. Fill a 1/4-cup measure with latke mixture and carefully spoon it into skillet, then flatten lightly to a 3-inch diameter with a heatproof spatula.
- ☐ Form 5 more latkes in skillet and fry until undersides are golden, 2 to 3 minutes. (If latkes brown too quickly, reduce heat.) Turn over and fry until golden on other side, about 3 minutes more.
- ☐ Transfer to paper towels to drain briefly, then transfer to a metal rack set on sheet pan in oven to keep warm. Make more latkes in same manner.
- ☐ Latkes can be kept warm in the oven for up to 1 hour.

Nutrition Facts



 **PROTEIN 11.22%**  **FAT 32.37%**  **CARBS 56.41%**

Properties

Glycemic Index:9.73, Glycemic Load:6.53, Inflammation Score:-9, Nutrition Score:5.234782576561%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 68.62kcal (3.43%), Fat: 2.51g (3.86%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 8.88g (3.23%), Sugar: 1.18g (1.31%), Cholesterol: 23.25mg (7.75%), Sodium: 20.41mg (0.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin A: 2402.27IU (48.05%), Vitamin B6: 0.14mg (6.88%), Vitamin K: 5.78µg (5.5%), Potassium: 186.33mg (5.32%), Manganese: 0.1mg (4.92%), Selenium: 3.26µg (4.65%), Vitamin B1: 0.07mg (4.37%), Folate: 17.39µg (4.35%), Vitamin C: 3.4mg (4.12%), Fiber: 0.97g (3.88%), Phosphorus: 38.59mg (3.86%), Vitamin B2: 0.07mg (3.83%), Vitamin B3: 0.65mg (3.25%), Iron: 0.57mg (3.17%), Magnesium: 10.44mg (2.61%), Vitamin B5: 0.24mg (2.44%), Copper: 0.05mg (2.39%), Vitamin E: 0.32mg (2.11%), Zinc: 0.23mg (1.55%), Calcium: 13.9mg (1.39%)