



Celery-Root and Potato Latkes

 Vegetarian  Dairy Free

READY IN



240 min.

SERVINGS



32

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.7 cup flour all-purpose
- 1.5 lb baking potatoes (baking) (3 large)
- 4 large eggs lightly beaten
- 1.5 cups vegetable oil
- 1 lb onion quartered
- 1 large celery root with a knife peeled (celeriac;)
- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon pepper black

- 1.3 teaspoons salt
- 0.5 teaspoon celery seed
- 32 servings frangelico (not terry cloth)

Equipment

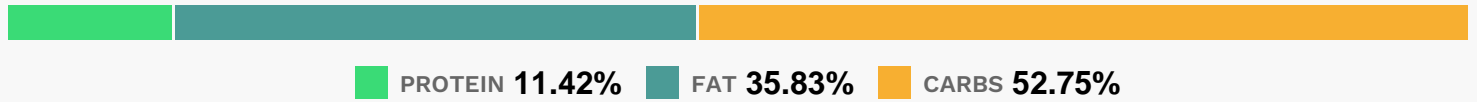
- bowl
- frying pan
- paper towels
- oven
- baking pan
- spatula
- box grater

Directions

- Put oven racks in upper and lower thirds of oven and preheat oven to 250°F.
- Coarsely grate celery root into a bowl using the 1/3-inch-wide holes of a box grater.
- Peel potatoes and coarsely grate into a large bowl.
- Add lemon juice and toss. Coarsely grate onions into same bowl.
- Transfer to towel, then gather up corners to form a sack and twist tightly to wring out as much liquid as possible.
- Return potatoes and onions to cleaned bowl and stir in celery root, flour, eggs, salt, pepper, and celery seeds until combined well.
- Heat 1/3 inch oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking. Fill a 1/4-cup measure (not tightly packed) with latke mixture and carefully spoon it into skillet, then flatten to 3 inches in diameter with a slotted spatula. Form 3 more latkes in skillet, then fry until undersides are deep golden, 1 1/2 to 3 minutes. Turn over using 2 spatulas and fry until deep golden all over, 1 1/2 to 3 minutes more. (If latkes brown too quickly, lower heat to moderate.)
- Transfer to paper towels to drain briefly. Keep warm in 1 layer on a metal rack set in a shallow baking pan in oven. Make more latkes in same manner. Use a second rack and baking pan to keep last batches warm.

Latkes can be fried 1 hour ahead.

Nutrition Facts



Properties

Glycemic Index:7.93, Glycemic Load:5.28, Inflammation Score:-2, Nutrition Score:3.5804347551387%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 67.89kcal (3.39%), Fat: 2.77g (4.26%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 9.16g (3.05%), Net Carbohydrates: 8.2g (2.98%), Sugar: 1.1g (1.24%), Cholesterol: 23.25mg (7.75%), Sodium: 121.77mg (5.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.97%), Vitamin K: 12.6µg (12%), Vitamin B6: 0.14mg (6.82%), Manganese: 0.11mg (5.5%), Phosphorus: 54.65mg (5.46%), Potassium: 183.54mg (5.24%), Vitamin C: 4.25mg (5.16%), Selenium: 3.1µg (4.44%), Fiber: 0.97g (3.87%), Vitamin B1: 0.06mg (3.83%), Vitamin B2: 0.06mg (3.81%), Folate: 15.19µg (3.8%), Iron: 0.6mg (3.36%), Magnesium: 11.94mg (2.99%), Vitamin B3: 0.54mg (2.7%), Vitamin B5: 0.26mg (2.62%), Copper: 0.05mg (2.55%), Vitamin E: 0.31mg (2.1%), Calcium: 19.45mg (1.95%), Zinc: 0.25mg (1.7%)