



Celery Root Latkes with Pastrami

 Dairy Free

READY IN



50 min.

SERVINGS



20

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 servings pepper black freshly ground
- 2.5 pounds celery root trimmed peeled (4 medium celery roots)
- 3 large eggs lightly beaten
- 3 dill pickles thinly sliced
- 2 teaspoons kosher salt plus more for seasoning
- 0.3 cup matzo meal
- 0.5 cup mayonnaise
- 2 cups vegetable oil for frying

- 2 tablespoons horseradish prepared
- 1 medium onion yellow peeled

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- wire rack
- spatula
- measuring cup
- box grater

Directions

- Heat the oven to 250°F and arrange a rack in the middle. Set a wire rack over a baking sheet and set aside. Using the coarse holes on a box grater or the medium-coarse shredding disk of a food processor, shred the celery root and onion and place in a large bowl.
- Add the eggs, matzo meal, and measured salt and pepper and stir to combine; set aside.
- Heat the oil in a large frying pan over medium-high heat until a piece of celery root instantly sizzles when dropped in, about 4 to 5 minutes. Using a 1/4-cup measuring cup, scoop up the celery root mixture, tightly pack it, and carefully drop it into the pan. Repeat until you have 4 mounds. Using a spatula, gently press each mound into a flat disk about 1/2 inch thick. Fry undisturbed until the bottoms of the latkes are golden brown, about 1 1/2 to 2 minutes. Flip and fry until the latkes are golden brown on the other side, about 1 1/2 to 2 minutes more.
- Place the mayonnaise and mustard or horseradish in a small bowl, season with pepper, and stir to combine.
- Spread about 1 teaspoon of the mayonnaise mixture on each latke. Divide the pastrami among the latkes. Top with the pickle slices and serve immediately.

Nutrition Facts



■ PROTEIN 6.9% ■ FAT 68.46% ■ CARBS 24.64%

Properties

Glycemic Index:8.95, Glycemic Load:1.65, Inflammation Score:-2, Nutrition Score:5.4869565289953%

Flavonoids

Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg, Apigenin: 1.37mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 122.41kcal (6.12%), Fat: 9.52g (14.64%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 7.71g (2.57%), Net Carbohydrates: 6.37g (2.32%), Sugar: 1.45g (1.61%), Cholesterol: 30.25mg (10.08%), Sodium: 420.78mg (18.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Vitamin K: 42.26µg (40.25%), Phosphorus: 86.57mg (8.66%), Vitamin C: 5.52mg (6.69%), Manganese: 0.13mg (6.52%), Vitamin B6: 0.12mg (6%), Potassium: 207.54mg (5.93%), Vitamin E: 0.84mg (5.59%), Fiber: 1.34g (5.36%), Selenium: 3.55µg (5.07%), Vitamin B2: 0.08mg (4.83%), Calcium: 37.21mg (3.72%), Magnesium: 14.55mg (3.64%), Iron: 0.65mg (3.6%), Vitamin B5: 0.35mg (3.46%), Vitamin B1: 0.05mg (3.07%), Folate: 11.34µg (2.83%), Copper: 0.05mg (2.71%), Vitamin B3: 0.49mg (2.47%), Zinc: 0.34mg (2.26%), Vitamin A: 62.67IU (1.25%), Vitamin B12: 0.07µg (1.22%), Vitamin D: 0.16µg (1.07%)