



Cheddar-Green Onion Potato Latkes

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



101 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons canola oil divided
- 0.8 cup egg substitute fat-free
- 0.3 cup green onions chopped (2 large)
- 1.3 pound hash browns shredded refrigerated (such as Simply Potatoes)
- 0.3 cup cup heavy whipping cream sour reduced-fat
- 1.3 teaspoons salt
- 2.6 ounces sharp cheddar cheese shredded 2% reduced-fat

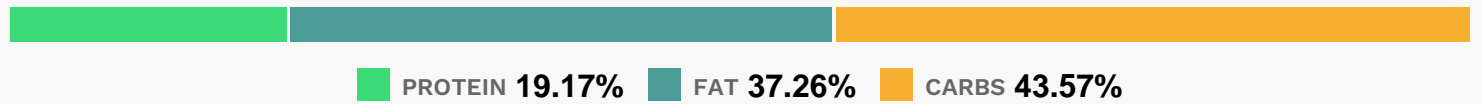
Equipment

- bowl
- frying pan

Directions

- Combine first 6 ingredients in a bowl; stir well.
- Heat a large skillet over medium heat; coat pan with cooking spray.
- Add 1/2 teaspoon oil to pan. Drop potato mixture by 2 heaping tablespoonfuls into hot oil (approximately 5 per batch). Cook 4 to 5 minutes on each side or until golden brown; remove from pan, and keep warm. Repeat procedure with remaining oil and potato mixture.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:2.97, Inflammation Score:-2, Nutrition Score:5.0165217337401%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 101.17kcal (5.06%), Fat: 4.27g (6.57%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 11.24g (3.75%), Net Carbohydrates: 10.36g (3.77%), Sugar: 0.47g (0.53%), Cholesterol: 9.38mg (3.13%), Sodium: 392.49mg (17.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.9%), Selenium: 9.89µg (14.13%), Calcium: 81.61mg (8.16%), Phosphorus: 78.68mg (7.87%), Vitamin K: 7.71µg (7.34%), Vitamin B2: 0.12mg (7.03%), Vitamin C: 5.42mg (6.57%), Potassium: 227.06mg (6.49%), Vitamin B1: 0.08mg (5.52%), Iron: 0.98mg (5.44%), Vitamin B5: 0.51mg (5.15%), Vitamin B3: 0.99mg (4.97%), Manganese: 0.09mg (4.53%), Vitamin B6: 0.08mg (4.08%), Zinc: 0.61mg (4.06%), Fiber: 0.88g (3.52%), Vitamin E: 0.52mg (3.45%), Vitamin A: 166.45IU (3.33%), Copper: 0.07mg (3.32%), Magnesium: 12.18mg (3.04%), Vitamin B12: 0.16µg (2.72%), Folate: 9.46µg (2.37%), Vitamin D: 0.34µg (2.29%)