



Cheese Latkes

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



288 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 18 servings cherry preserves sour
- ☐ 18 servings cinnamon sugar
- ☐ 6 eggs
- ☐ 3 cups farmer's cheese
- ☐ 1 cup flour all-purpose
- ☐ 18 servings maple syrup
- ☐ 0.8 teaspoon salt
- ☐ 3 tablespoons sugar

- ☐ 1.5 teaspoons vanilla extract
- ☐ 18 servings vegetable oil for frying

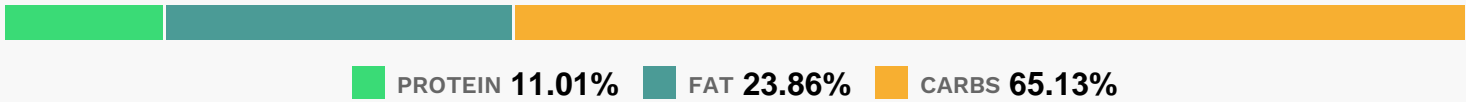
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ spatula

Directions

- ☐ In a large bowl, stir together farmer's cheese, eggs, sugar, vanilla, salt, and flour.
- ☐ Pour 1/2 inch oil into a 10- to 12-in. frying pan (with sides at least 1 1/2 in. high) over medium-low to medium heat. When oil reaches 300, scoop 1/4 cup of cheese mixture from bowl, then gently drop it into hot oil. Press down lightly with a spatula to flatten. Cook 3 or 4 pancakes at a time (do not crowd pan), loosening from bottom as needed, until undersides are golden brown, about 2 minutes. Gently turn and cook until other sides are golden brown, 1 to 2 minutes longer.
- ☐ Transfer to paper towels to drain briefly, then keep warm in a 200 oven while you cook remaining pancakes.
- ☐ Serve hot, with maple syrup, sour cherry preserves, and/or cinnamon sugar.

Nutrition Facts



Properties

Glycemic Index:17.04, Glycemic Load:25.98, Inflammation Score:-1, Nutrition Score:4.9352172924125%

Nutrients (% of daily need)

Calories: 287.91kcal (14.4%), Fat: 7.59g (11.68%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 46.65g (15.55%), Net Carbohydrates: 46.24g (16.81%), Sugar: 35.77g (39.75%), Cholesterol: 67.57mg (22.52%), Sodium: 283.96mg (12.35%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 7.88g (15.77%), Manganese: 0.52mg (26.05%),

Vitamin B2: 0.37mg (21.97%), Selenium: 7.34µg (10.49%), Folate: 21.8µg (5.45%), Vitamin B1: 0.08mg (5.12%),
Vitamin K: 5.21µg (4.97%), Phosphorus: 40.36mg (4.04%), Iron: 0.71mg (3.93%), Calcium: 35.29mg (3.53%), Vitamin
E: 0.41mg (2.74%), Zinc: 0.39mg (2.61%), Vitamin B5: 0.26mg (2.59%), Potassium: 88.86mg (2.54%), Vitamin B3:
0.45mg (2.23%), Vitamin B12: 0.13µg (2.18%), Vitamin C: 1.76mg (2.13%), Copper: 0.04mg (2.09%), Magnesium:
8.33mg (2.08%), Vitamin D: 0.29µg (1.96%), Fiber: 0.41g (1.63%), Vitamin B6: 0.03mg (1.6%), Vitamin A: 79.2IU
(1.58%)