



Classic Potato Latkes



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 pounds baking potato shredded peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 large eggs
- ☐ 6 tablespoons flour all-purpose
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 Dash ground cinnamon
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup olive oil divided

- ☐ 1.3 cups onion grated
- ☐ 0.8 cup apple sauce unsweetened

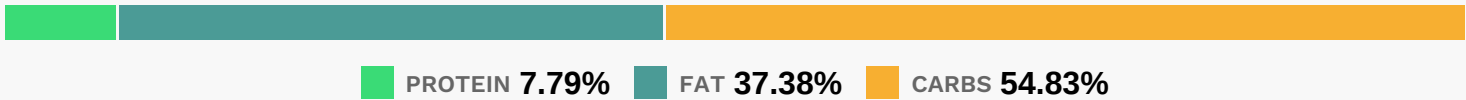
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ measuring cup
- ☐ colander

Directions

- ☐ Combine potato and onion in a colander.
- ☐ Drain 30 minutes, pressing with the back of a spoon until barely moist.
- ☐ Combine potato mixture, flour, and next 4 ingredients (through egg) in a large bowl; toss well.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 2 tablespoons olive oil to pan, and swirl to coat. Spoon 1/4 cup potato mixture loosely into a dry measuring cup.
- ☐ Pour mixture into pan, and flatten slightly. Repeat procedure 5 times to form 6 latkes. Saut 3 1/2 minutes on each side or until golden brown.
- ☐ Remove latkes from pan, and keep warm. Repeat procedure with the remaining 2 tablespoons olive oil and potato mixture to yield 12 latkes total.
- ☐ Combine applesauce and ground cinnamon in a bowl.
- ☐ Serve applesauce with latkes.

Nutrition Facts



Properties

Glycemic Index:44.79, Glycemic Load:20.97, Inflammation Score:-6, Nutrition Score:8.4695651064748%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg, Quercetin: 7.38mg

Nutrients (% of daily need)

Calories: 235.46kcal (11.77%), Fat: 10.03g (15.43%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 30.37g (11.04%), Sugar: 5.04g (5.6%), Cholesterol: 31mg (10.33%), Sodium: 213.63mg (9.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.41%), Vitamin B6: 0.46mg (22.93%), Manganese: 0.33mg (16.41%), Potassium: 567.62mg (16.22%), Vitamin B1: 0.18mg (11.92%), Vitamin C: 9.78mg (11.85%), Fiber: 2.74g (10.94%), Folate: 40.94µg (10.23%), Phosphorus: 98.75mg (9.88%), Vitamin E: 1.46mg (9.73%), Iron: 1.74mg (9.67%), Vitamin B3: 1.7mg (8.48%), Magnesium: 33.76mg (8.44%), Selenium: 5.82µg (8.32%), Copper: 0.16mg (7.93%), Vitamin B2: 0.13mg (7.79%), Vitamin K: 7.98µg (7.6%), Vitamin B5: 0.56mg (5.59%), Zinc: 0.57mg (3.77%), Calcium: 33.02mg (3.3%), Vitamin A: 72.43IU (1.45%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)