



Classic Potato Latkes

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



94 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup cream sour
- 1 large eggs lightly beaten
- 2 tablespoons flour
- 0.3 teaspoon pepper black
- 0.3 cup cooking oil
- 1 small onion peeled
- 1 pound baking potatoes peeled
- 0.5 teaspoon salt

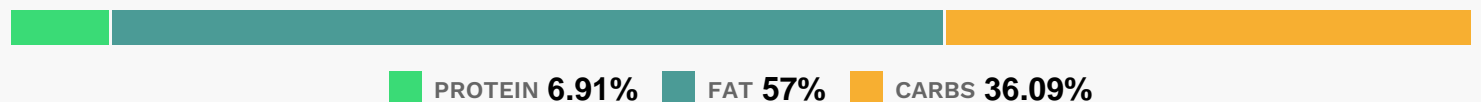
Equipment

- bowl
- frying pan
- paper towels
- kitchen towels
- box grater

Directions

- Grate potatoes, then the onion using the large hole of a box grater.
- Place grated vegetables in the center of a large clean kitchen towel. Bring up the ends of the towel and twist together to form a pouch. Hold the bundle over the sink, then squeeze out as much excess moisture from the vegetables as possible.
- Place vegetable mixture in large bowl.
- Add egg, flour, salt and pepper; mix well.
- Heat oil in medium nonstick skillet on medium-high heat. Carefully drop tablespoonfuls of the vegetable mixture into skillet; spread each into thin circle with back of spoon. Repeat to cook 2 to 3 latkes at a time. Cook 3 to 4 min. on each side or until golden brown on both sides.
- Remove latkes from skillet; drain on paper towels.
- Serve each latke topped with 1 tsp. of the sour cream; sprinkle lightly with chives.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:18.23, Glycemic Load:6.19, Inflammation Score:-1, Nutrition Score:2.8113043671069%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin:

1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 93.55kcal (4.68%), Fat: 6.04g (9.3%), Saturated Fat: 0.97g (6.08%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 7.97g (2.9%), Sugar: 0.66g (0.74%), Cholesterol: 18.33mg (6.11%), Sodium: 106.45mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin B6: 0.15mg (7.36%), Vitamin E: 0.88mg (5.9%), Potassium: 179.79mg (5.14%), Manganese: 0.08mg (4.13%), Vitamin K: 4.19µg (3.99%), Phosphorus: 35.79mg (3.58%), Vitamin C: 2.63mg (3.19%), Vitamin B1: 0.05mg (3.08%), Selenium: 2.06µg (2.95%), Vitamin B2: 0.05mg (2.79%), Folate: 10.94µg (2.74%), Iron: 0.48mg (2.65%), Magnesium: 10.61mg (2.65%), Fiber: 0.63g (2.54%), Vitamin B3: 0.48mg (2.4%), Copper: 0.05mg (2.38%), Vitamin B5: 0.21mg (2.07%), Calcium: 13.86mg (1.39%), Zinc: 0.2mg (1.32%), Vitamin A: 53.07IU (1.06%)