



Crispy Panko Potato Latkes

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



22

CALORIES



82 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 eggs beaten
- 1 large onion
- 0.8 cup panko bread crumbs
- 22 servings vegetable oil; peanut oil preferred for frying
- 1 tbsp potato flour
- 22 servings salt and pepper
- 2.5 lbs yukon gold potatoes

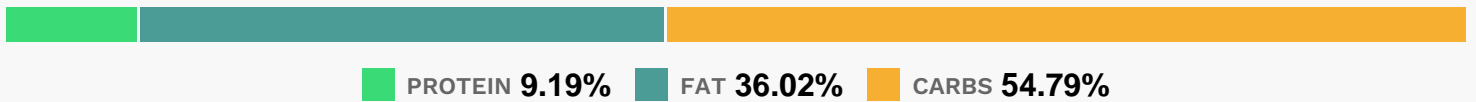
Equipment

- food processor
- frying pan
- wire rack
- kitchen towels
- spatula
- cheesecloth
- grater

Directions

- Save Recipe
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- Crispy Panko Potato Latkes
- Ingredients 2 1/2 lbs Russet or Yukon Gold potatoes 1 large onion 3/4 cup panko breadcrumbs 2 eggs, beaten 1 tbsp potato starch
- Salt and pepper
- Grapeseed or peanut oil for frying
- You will also need hand grater or food processor shredding disc attachment with fine holes, clean tea towel or layers of cheesecloth, skillet or electric skillet for frying, metal spatula, wire cooling rack
- Servings: About 22 latkes
- Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index: 5.03, Glycemic Load: 6.73, Inflammation Score: -2, Nutrition Score: 3.5704347478307%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 82.27kcal (4.11%), Fat: 3.34g (5.14%), Saturated Fat: 0.64g (4%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 10.08g (3.67%), Sugar: 0.85g (0.94%), Cholesterol: 14.88mg (4.96%), Sodium: 218.01mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin C: 10.67mg (12.94%), Vitamin B6: 0.17mg (8.62%), Potassium: 240.17mg (6.86%), Manganese: 0.11mg (5.46%), Fiber: 1.36g (5.45%), Vitamin B1: 0.07mg (4.44%), Phosphorus: 43.26mg (4.33%), Magnesium: 14.14mg (3.53%), Vitamin B3: 0.7mg (3.51%), Folate: 13.7µg (3.43%), Copper: 0.07mg (3.36%), Iron: 0.59mg (3.29%), Vitamin E: 0.49mg (3.27%), Selenium: 1.94µg (2.77%), Vitamin B2: 0.05mg (2.65%), Vitamin B5: 0.24mg (2.35%), Zinc: 0.25mg (1.63%), Calcium: 14.09mg (1.41%), Vitamin K: 1.17µg (1.12%)