



Crispy Traditional Potato Pancakes

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 24 servings vegetable oil for frying
- 1 large eggs beaten
- 0.5 cup spring onion green chopped
- 24 servings salt and pepper freshly ground to taste
- 2 pounds yukon gold potatoes (baking)
- 1 medium onion

Equipment

- food processor

- bowl
- frying pan
- paper towels
- oven
- sieve
- kitchen towels
- spatula
- grater

Directions

- Peel the potatoes and put in cold water. Using a grater or a food processor coarsely grate the potatoes and onions.
- Place together in a fine-mesh strainer or tea towel and squeeze out all the water over a bowl. The potato starch will settle to the bottom; reserve that after you have carefully poured off the water.
- Mix the potato and onion with the potato starch.
- Add the scallions, egg, and salt and pepper.
- Heat a griddle or non-stick pan and coat with a thin film of vegetable oil. Take about 2 tablespoons of the potato mixture in the palm of your hand and flatten as best you can.
- Place the potato mixture on the griddle, flatten with a large spatula, and fry for a few minutes until golden. Flip the pancake over and brown the other side.
- Remove to paper towels to drain.
- Serve immediately. You can also freeze the potato pancakes and crisp them up in a 350-degree oven at a later time.
- Variation: If you want a more traditional and thicker pancake, you can add an extra egg plus 1/3 cup of matzah meal to the batter.
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Nutrition Facts



PROTEIN 7.35% **FAT 45.14%** **CARBS 47.51%**

Properties

Glycemic Index:5.95, Glycemic Load:4.96, Inflammation Score:-1, Nutrition Score:2.7495652061442%

Flavonoids

Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 59.34kcal (2.97%), Fat: 3.04g (4.68%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 7.2g (2.4%), Net Carbohydrates: 6.24g (2.27%), Sugar: 0.55g (0.61%), Cholesterol: 7.75mg (2.58%), Sodium: 199.53mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.23%), Vitamin C: 8.18mg (9.91%), Vitamin K: 10.2µg (9.72%), Vitamin B6: 0.12mg (6.09%), Potassium: 174.49mg (4.99%), Fiber: 0.96g (3.85%), Manganese: 0.07mg (3.41%), Phosphorus: 27.77mg (2.78%), Magnesium: 9.82mg (2.46%), Folate: 9.23µg (2.31%), Copper: 0.05mg (2.3%), Vitamin B1: 0.03mg (2.29%), Iron: 0.37mg (2.08%), Vitamin B3: 0.42mg (2.08%), Vitamin E: 0.27mg (1.78%), Vitamin B5: 0.15mg (1.51%), Vitamin B2: 0.02mg (1.44%), Selenium: 0.79µg (1.13%), Zinc: 0.15mg (1.02%)