



Cumin-Scented Beet Latkes



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 tablespoons flour
- ☐ 15 servings spring onion
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 6 cups beets shredded peeled (6 medium)
- ☐ 15 servings canola oil for frying
- ☐ 15 servings celery
- ☐ 3 large eggs beaten to blend
- ☐ 0.8 teaspoon ground coriander

- ☐ 1.5 teaspoons ground cumin
- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 teaspoons salt

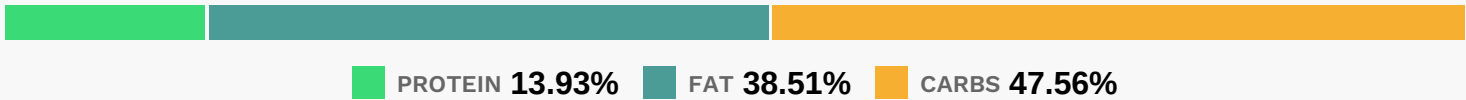
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Place beets in large bowl; press with paper towels to absorb any moisture. In another large bowl, whisk flour and next 5 ingredients.
- ☐ Mix in beets, then eggs.
- ☐ Pour enough oil into large skillet to cover bottom; heat over medium heat. Working in batches, drop beet mixture by 1/4 cupfuls into skillet; spread to 3 1/2-inch rounds. Fry until golden, about 5 minutes per side.
- ☐ Transfer latkes to baking sheet. (Can be made 6 hours ahead.
- ☐ Let stand at room temperature. Rewarm in 350°F oven until crisp, about 10 minutes.)
- ☐ Serve latkes with relish and salsa.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:4.64, Inflammation Score:-6, Nutrition Score:9.7465217683626%

Flavonoids

Apigenin: 3.13mg, Apigenin: 3.13mg, Apigenin: 3.13mg, Apigenin: 3.13mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 91.92kcal (4.6%), Fat: 4.13g (6.36%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 11.49g (3.83%), Net Carbohydrates: 7.9g (2.87%), Sugar: 5.34g (5.93%), Cholesterol: 37.2mg (12.4%), Sodium: 399.78mg (17.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.73%), Vitamin K: 46.86µg (44.63%), Folate: 112.95µg (28.24%), Manganese: 0.34mg (16.93%), Fiber: 3.59g (14.37%), Potassium: 501.74mg (14.34%), Vitamin A: 628.39IU (12.57%), Vitamin B2: 0.15mg (8.87%), Vitamin C: 7.24mg (8.78%), Phosphorus: 79.26mg (7.93%), Calcium: 77.69mg (7.77%), Magnesium: 28.85mg (7.21%), Selenium: 4.98µg (7.12%), Vitamin B6: 0.14mg (7.04%), Iron: 1.23mg (6.86%), Vitamin E: 0.96mg (6.37%), Vitamin B5: 0.53mg (5.26%), Copper: 0.1mg (4.96%), Vitamin B1: 0.07mg (4.82%), Vitamin B3: 0.76mg (3.81%), Zinc: 0.52mg (3.48%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.2µg (1.33%)