



Curried Butternut Squash and Potato Latkes with Apple Salsa



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 pound baking potato shredded peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 pound butternut squash shredded peeled
- ☐ 1 teaspoon curry powder
- ☐ 1 large eggs
- ☐ 6 tablespoons flour all-purpose
- ☐ 5 tablespoons cilantro leaves fresh divided chopped

- ☐ 1.5 cups gala apple finely chopped
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.6 teaspoon kosher salt divided
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup olive oil divided
- ☐ 0.3 cup thinly onion red vertically sliced
- ☐ 1 cup onion grated
- ☐ 1 serrano chile seeded finely chopped

Equipment

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

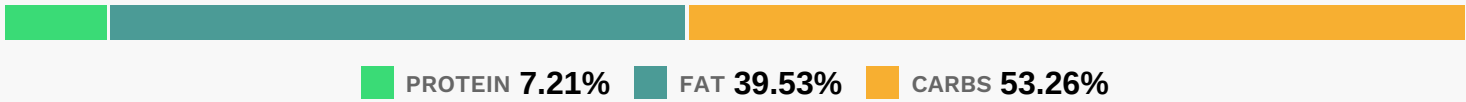
Directions

- ☐ Combine apple and lime juice in a bowl; toss.
- ☐ Add onion, chile, 1 tablespoon cilantro, and 1/8 teaspoon salt; toss. Cover and chill.
- ☐ Combine squash, potato, and onion in a colander; drain 30 minutes, pressing occasionally with the back of a spoon until barely moist.
- ☐ Combine potato mixture, remaining 4 tablespoons cilantro, remaining 1/2 teaspoon salt, flour, and next 5 ingredients (through egg) in a large bowl; toss well.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 4 teaspoons oil to pan; swirl to coat. Spoon 1/4 cup potato mixture loosely into a dry measuring cup.
- ☐ Pour mixture into pan; flatten slightly. Repeat procedure 4 times to form 5 latkes. Saut 3 1/2 minutes on each side or until golden brown and thoroughly cooked.
- ☐ Remove latkes from pan; keep warm. Repeat procedure twice with remaining oil and potato mixture to yield 14 latkes total.

☐

Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:45.68, Glycemic Load:12.04, Inflammation Score:-10, Nutrition Score:12.525217406128%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg 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: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg, Quercetin: 7.17mg

Nutrients (% of daily need)

Calories: 189.93kcal (9.5%), Fat: 8.69g (13.37%), Saturated Fat: 1.35g (8.44%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 23.21g (8.44%), Sugar: 5.49g (6.1%), Cholesterol: 26.57mg (8.86%), Sodium: 224.32mg (9.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Vitamin A: 5251.88IU (105.04%), Vitamin C: 17.49mg (21.2%), Vitamin B6: 0.31mg (15.59%), Manganese: 0.3mg (15.03%), Potassium: 474.89mg (13.57%), Vitamin E: 2.03mg (13.54%), Fiber: 3.15g (12.58%), Vitamin B1: 0.16mg (10.79%), Folate: 42.32µg (10.58%), Magnesium: 35.95mg (8.99%), Iron: 1.45mg (8.06%), Vitamin K: 8.21µg (7.82%), Vitamin B3: 1.56mg (7.81%), Phosphorus: 77.58mg (7.76%), Selenium: 5.05µg (7.22%), Vitamin B2: 0.11mg (6.33%), Copper: 0.13mg (6.26%), Vitamin B5: 0.54mg (5.37%), Calcium: 46.63mg (4.66%), Zinc: 0.44mg (2.91%), Vitamin B12: 0.06µg (1.06%)