



Curried Sweet Potato Latkes

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



82 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon brown sugar
- 1 teaspoon brown sugar
- 0.5 teaspoon ground pepper
- 1 teaspoon cumin
- 2 teaspoons curry powder
- 2 large eggs beaten
- 0.5 cup flour all-purpose

- 0.5 cup milk (approximately)
- 16 servings vegetable oil; peanut oil preferred for frying
- 16 servings salt and pepper freshly ground to taste
- 2 teaspoons sugar
- 1 pound sweet potatoes and into peeled

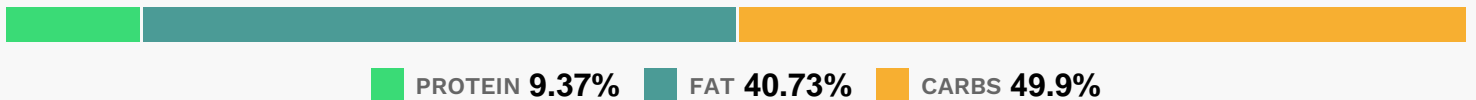
Equipment

- bowl
- frying pan
- paper towels

Directions

- Grate the sweet potatoes coarsely. In a separate bowl mix the flour, sugar, brown sugar, baking powder, cayenne pepper, curry powder, cumin, and salt and pepper.
- Add the eggs and just enough milk to the dry ingredients to make a stiff batter.
- Add the potatoes and mix. The batter should be moist but not runny; if too stiff, add more milk.
- Heat 1/4 inch of peanut oil in a frying pan until it is barely smoking. Drop in the batter by tablespoons and flatten. Fry over medium-high heat several minutes on each side until golden.
- Drain on paper towels and serve.
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Nutrition Facts



Properties

Glycemic Index:23.44, Glycemic Load:5.53, Inflammation Score:-10, Nutrition Score:6.5843478052512%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 82.3kcal (4.12%), Fat: 3.77g (5.79%), Saturated Fat: 0.83g (5.2%), Carbohydrates: 10.38g (3.46%), Net Carbohydrates: 9.31g (3.39%), Sugar: 2.59g (2.87%), Cholesterol: 24.17mg (8.06%), Sodium: 248.24mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Vitamin A: 4098.11IU (81.96%), Manganese: 0.12mg (5.94%), Selenium: 3.62µg (5.18%), Vitamin B2: 0.08mg (4.56%), Phosphorus: 44.8mg (4.48%), Vitamin E: 0.66mg (4.42%), Fiber: 1.07g (4.28%), Vitamin B1: 0.06mg (4.08%), Vitamin B6: 0.08mg (4.07%), Calcium: 39.65mg (3.97%), Vitamin B5: 0.37mg (3.69%), Iron: 0.66mg (3.66%), Potassium: 127.9mg (3.65%), Folate: 13.67µg (3.42%), Copper: 0.06mg (2.84%), Magnesium: 10.92mg (2.73%), Vitamin B3: 0.42mg (2.11%), Zinc: 0.24mg (1.62%), Vitamin B12: 0.1µg (1.61%), Vitamin D: 0.21µg (1.39%)