



Curry Vegetable Latkes



Dairy Free



Popular

READY IN



60 min.

SERVINGS



18

CALORIES



77 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 tsp allspice
- ☐ 2 large carrots
- ☐ 0.3 tsp ground pepper (optional- adds spice)
- ☐ 0.5 tsp cumin
- ☐ 1.8 tsp curry powder
- ☐ 2 eggs beaten
- ☐ 18 servings grapeseed oil for frying
- ☐ 1 cup matzo meal

- ☐ 1 onion
- ☐ 0.3 tsp pepper
- ☐ 1.5 tbsp potato flour
- ☐ 1.3 tsp salt to taste ()
- ☐ 3 medium zucchini

Equipment

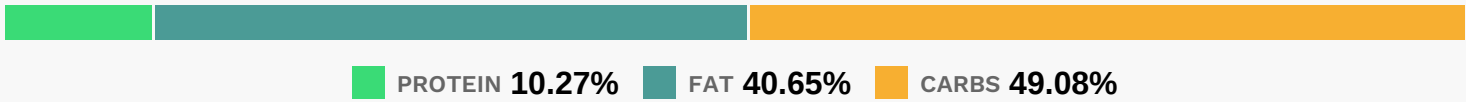
- ☐ food processor
- ☐ frying pan
- ☐ mixing bowl
- ☐ wire rack
- ☐ kitchen towels
- ☐ spatula
- ☐ cheesecloth
- ☐ grater

Directions

- ☐ Save Recipe
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- ☐ Curry Vegetable Latkes
- ☐ Ingredients3 medium zucchini2 large carrots1 onion1 cup Manischewitz Matzo Meal2 eggs, beaten1 1/2 tbsp Manischewitz potato starch1 3/4 tsp curry powder1 1/4 tsp salt (or more to taste)1/2 tsp allspice1/2 tsp cumin1/4 tsp cayenne (optional- adds spice)1/4 tsp pepper
- ☐ Peanut or grapeseed oil for frying
- ☐ Labaneh, tzatziki, Greek yogurt or dairy-free sour cream for topping (optional)You will also needhand grater or food processor with shredding disc attachment with fine holes, clean tea towel or layers of cheesecloth, skillet or electric skillet for frying, mixing bowls, metal spatula, wire cooling rack
- ☐ Total Time: 1 Hour
- ☐ Servings: About 18 latkes

Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:12.88, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:4.6578260867492%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 77.25kcal (3.86%), Fat: 3.56g (5.47%), Saturated Fat: 0.48g (3%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 8.64g (3.14%), Sugar: 1.53g (1.7%), Cholesterol: 18.19mg (6.06%), Sodium: 177.43mg (7.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin A: 1441.8IU (28.84%), Vitamin C: 6.86mg (8.32%), Manganese: 0.15mg (7.37%), Vitamin E: 1.01mg (6.73%), Selenium: 4.52µg (6.46%), Vitamin B2: 0.08mg (4.9%), Vitamin B6: 0.1mg (4.86%), Potassium: 147.36mg (4.21%), Fiber: 1.02g (4.09%), Vitamin B1: 0.06mg (3.82%), Folate: 14.66µg (3.67%), Phosphorus: 35.84mg (3.58%), Iron: 0.6mg (3.35%), Vitamin B3: 0.58mg (2.88%), Magnesium: 11.27mg (2.82%), Vitamin K: 2.79µg (2.65%), Vitamin B5: 0.21mg (2.09%), Copper: 0.04mg (1.79%), Zinc: 0.27mg (1.77%), Calcium: 15.51mg (1.55%)