



Gluten Free Crispy Yukon Gold Latkes



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



24

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 eggs beaten
- ☐ 2 medium onion
- ☐ 24 servings vegetable oil; peanut oil preferred for frying
- ☐ 0.8 tsp salt
- ☐ 0.5 tsp pepper white
- ☐ 2 lbs yukon gold potatoes peeled

Equipment

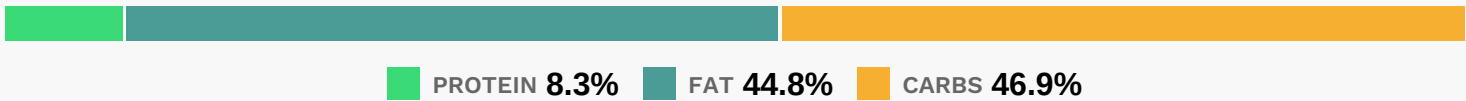
- ☐ food processor

- ☐ frying pan
- ☐ wire rack
- ☐ kitchen towels
- ☐ spatula
- ☐ cheesecloth
- ☐ grater

Directions

- ☐ Save Recipe
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- ☐ Gluten Free Crispy Yukon Gold Latkes
- ☐ Ingredients2 lbs Yukon gold potatoes, peeled2 medium onions2 eggs, beaten3/4 tsp salt1/2 tsp white pepper
- ☐ Peanut oil for frying
- ☐ Potato starch (optional)You will also needhand grater or food processor shredding disc attachment with fine holes, clean tea towel or layers of cheesecloth, skillet or electric skillet for frying, metal spatula, wire cooling rack
- ☐ Servings: 24–28 latkes
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:4.61, Glycemic Load:5.02, Inflammation Score:-1, Nutrition Score:2.5660869647627%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 62.92kcal (3.15%), Fat: 3.19g (4.91%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 6.52g (2.37%), Sugar: 0.7g (0.77%), Cholesterol: 13.64mg (4.55%), Sodium: 80.51mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Vitamin C: 8.14mg (9.86%), Vitamin B6: 0.13mg (6.44%), Potassium: 177.63mg (5.08%), Fiber: 1g (4%), Manganese: 0.07mg (3.65%), Vitamin E: 0.48mg (3.22%), Phosphorus: 31.55mg (3.16%), Magnesium: 10.1mg (2.52%), Vitamin B1: 0.04mg (2.4%), Folate: 9.52µg (2.38%), Copper: 0.05mg (2.38%), Iron: 0.39mg (2.15%), Vitamin B3: 0.41mg (2.06%), Vitamin B2: 0.03mg (1.85%), Selenium: 1.29µg (1.84%), Vitamin B5: 0.18mg (1.79%), Zinc: 0.17mg (1.16%)