



Golden Carrot-Zucchini Latkes

 Very Healthy

READY IN



40 min.

SERVINGS



1

CALORIES



2457 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 tablespoons butter
- 1 pound carrots peeled
- 1 serving garnishes: carrots and zucchini shaved
- 2 large eggs lightly beaten
- 1 teaspoon kosher salt
- 1 serving kosher salt
- 2 tablespoons juice of lemon
- 0.5 cup matzo meal unsalted

- 1 medium onion
- 6 tablespoons vegetable oil; peanut oil preferred
- 0.8 teaspoon pepper
- 1 pound yukon gold potatoes unpeeled
- 1 pound zucchini

Equipment

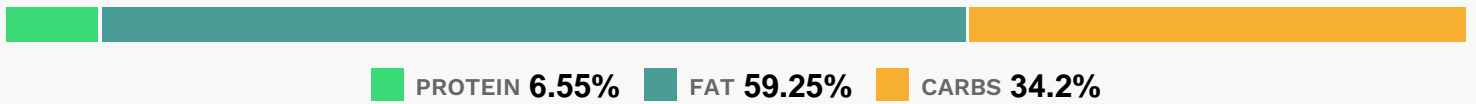
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- wire rack
- ziploc bags
- kitchen towels
- peeler
- box grater

Directions

- Grate potatoes, carrots, zucchini, and onion through large holes of a box grater; toss with lemon juice.
- Spread mixture onto 2 clean, dry kitchen towels.
- Roll up each towel, starting with 1 long side. Wring towels to squeeze out excess liquid.
- Place potato mixture in a large bowl.
- Stir in eggs, matzo meal, salt, and pepper. (
- Mixture will be dry but will hold its shape when pressed together.)
- Melt 2 Tbsp. butter with 2 Tbsp. oil in a deep electric skillet heated to 375 or in a large nonstick skillet over medium to medium-high heat. Drop 6 to 8 loosely packed 1/4 cupfuls potato mixture into hot butter mixture; press lightly to flatten into 3-inch rounds. Cook 3 to 5 minutes on each side or until golden brown.

- Drain on paper towels.
- Sprinkle with additional salt. Repeat procedure with remaining butter, oil, and potato mixture.
- Serve latkes immediately, or keep warm on a wire rack on a baking sheet in a 250 oven up to 30 minutes.
- Garnish, if desired.
- Note: For testing purposes only, we used Manischewitz Unsalted Matzo Meal.
- Note: To make the garnish, use a vegetable peeler to shave thin, lengthwise strips of carrot and zucchini. To make garnish ahead, wrap strips in damp paper towels, place in zip-top plastic bags, and chill up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:301.42, Glycemic Load:78.36, Inflammation Score:-10, Nutrition Score:73.491303734157%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 5.59mg, Kaempferol: 5.59mg, Kaempferol: 5.59mg, Kaempferol: 5.59mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 29.7mg, Quercetin: 29.7mg, Quercetin: 29.7mg, Quercetin: 29.7mg

Nutrients (% of daily need)

Calories: 2457.29kcal (122.86%), Fat: 165.95g (255.3%), Saturated Fat: 61.4g (383.77%), Carbohydrates: 215.6g (71.87%), Net Carbohydrates: 182.15g (66.24%), Sugar: 45.46g (50.52%), Cholesterol: 552.6mg (184.2%), Sodium: 3627.03mg (157.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.25g (82.5%), Vitamin A: 90036.6IU (1800.73%), Vitamin C: 220.84mg (267.68%), Vitamin B6: 3.19mg (159.75%), Manganese: 3.06mg (153.17%), Potassium: 5198.31mg (148.52%), Vitamin E: 20.32mg (135.45%), Fiber: 33.45g (133.79%), Vitamin K: 106.32µg (101.26%), Vitamin B2: 1.6mg (93.99%), Phosphorus: 929.2mg (92.92%), Folate: 368.35µg (92.09%), Selenium: 60.82µg (86.88%), Vitamin B1: 1.28mg (85.54%), Vitamin B3: 14.92mg (74.6%), Magnesium: 294.69mg (73.67%), Iron: 11.2mg (62.2%), Vitamin B5: 5.81mg (58.12%), Copper: 1.15mg (57.34%), Calcium: 418.38mg (41.84%), Zinc: 6.09mg (40.57%), Vitamin B12: 1.03µg (17.21%), Vitamin D: 2µg (13.33%)