



HEALTH SCORE

73%

Golden Potato Latkes



Very Healthy

READY IN



40 min.

SERVINGS



1

CALORIES



2867 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 tablespoons butter
- ☐ 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
- ☐ 3 pounds yukon gold potatoes unpeeled
- ☐ 1 serving garnishes: yukon gold potatoes

Equipment

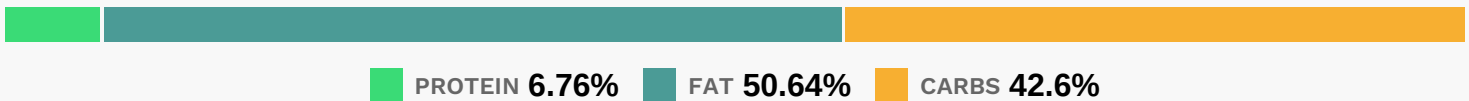
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ ziploc bags
- ☐ kitchen towels
- ☐ peeler
- ☐ box grater

Directions

- ☐ Grate potatoes 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.
- ☐ Golden Potato–Parsnip Latkes: Prepare recipe as directed, reducing potatoes to 2 lb. and grating 1 lb. peeled parsnips with potatoes and onion.
- ☐ Garnish with parsnip slices and fresh parsley sprigs, if desired.
- ☐ Golden Carrot–Zucchini Latkes: Prepare recipe as directed, reducing potatoes to 1 lb. and grating 1 lb. peeled carrots and 1 lb. zucchini with potatoes and onion.
- ☐ Garnish with shaved carrots and zucchini, if desired. 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:276.5, Glycemic Load:176.63, Inflammation Score:-10, Nutrition Score:70.552608158277%

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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 11.61mg, Kaempferol: 11.61mg, Kaempferol: 11.61mg, Kaempferol: 11.61mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 31.97mg, Quercetin: 31.97mg, Quercetin: 31.97mg, Quercetin: 31.97mg

Nutrients (% of daily need)

Calories: 2867.27kcal (143.36%), Fat: 164.07g (252.42%), Saturated Fat: 61.09g (381.83%), Carbohydrates: 310.57g (103.52%), Net Carbohydrates: 276.17g (100.42%), Sugar: 16.67g (18.53%), Cholesterol: 552.6mg (184.2%), Sodium: 3288.1mg (142.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.29g (98.59%), Vitamin C: 288.02mg (349.12%), Vitamin B6: 4.42mg (221.02%), Potassium: 6181.6mg (176.62%), Manganese: 2.91mg (145.49%), Fiber: 34.4g (137.59%), Vitamin E: 16.45mg (109.65%), Phosphorus: 1093.34mg (109.33%), Vitamin B1: 1.46mg (97.6%), Magnesium: 359.82mg (89.95%), Selenium: 62.12µg (88.74%), Vitamin B3: 17.36mg (86.79%), Iron: 15.05mg

(83.6%), Copper: 1.65mg (82.72%), Folate: 306.46µg (76.61%), Vitamin B2: 1.16mg (68.35%), Vitamin B5: 6.16mg (61.62%), Vitamin A: 2678.6IU (53.57%), Zinc: 6.03mg (40.17%), Vitamin K: 35.75µg (34.05%), Calcium: 283.98mg (28.4%), Vitamin B12: 1.03µg (17.21%), Vitamin D: 2µg (13.33%)