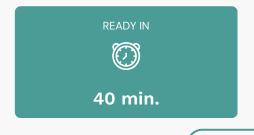
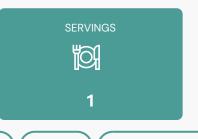
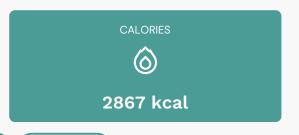


Golden Potato Latkes







SIDE DISH

6 tablespoons vegetable oil; peanut oil preferred

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

Ш	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

	0.8 teaspoon pepper
	3 pounds yukon gold potatoes unpeeled
	1 serving garnishes: yukon gold potatoes
Eq	uipment
	bowl
	frying pan
	baking sheet
	paper towels
	oven
	wire rack
	ziploc bags
	kitchen towels
	peeler
	box grater
Diı	rections
	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 by 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.

PROTEIN 6.76% FAT 50.64% CARBS 42.6%
Nutrition Facts
hours.
ahead, wrap strips in damp paper towels, place in zip-top plastic bags, and chill up to 24
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
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 parsnip slices and fresh parsley sprigs, if desired.
Golden Potato-Parsnip Latkes: Prepare recipe as directed, reducing potatoes to 2 lb. and grating 1 lb. peeled parsnips with potatoes and onion.
Note: For testing purposes only, we used Manischewitz Unsalted Matzo Meal.
Garnish, if desired.
Serve latkes immediately, or keep warm on a wire rack on a baking sheet in a 250 oven up to 30 minutes.

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, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 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, 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: Og (100%), Alcohol %: O% (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%)