



Greek-Herbed Spinach Latkes with Feta-Yogurt Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



118 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 teaspoons double-acting baking powder
- 4 tablespoons butter ()
- 4 large eggs beaten to blend
- 30 servings feta cheese
- 0.5 cup optional: dill fresh chopped
- 1 garlic clove chopped
- 1 cup spring onion chopped

- 2 tablespoons olive oil ()
- 20 ounce spinach frozen dry thawed drained chopped

Equipment

- bowl
- frying pan
- paper towels
- spatula

Directions

- Melt 2 tablespoons butter in heavy medium skillet over medium heat.
- Add green onions and garlic; sauté until onions are soft, about 2 minutes.
- Add spinach and sauté until liquid evaporates, about 3 minutes. Season to taste with salt and pepper. Cool completely.
- Blend challah in processor to fine crumbs.
- Add spinach mixture and dill and process, using on/off turns, until spinach is finely chopped.
- Transfer to large bowl. Season to taste with salt and pepper.
- Mix in eggs and baking powder.
- Melt 2 tablespoons butter with 2 tablespoons oil in heavy large skillet (preferably cast-iron) over medium heat until hot but not smoking. Working in batches, drop batter by heaping tablespoonfuls into skillet, using back of spoon to flatten latkes slightly. Cook until brown, about 2 minutes per side. Using slotted spatula, transfer latkes to paper towels to drain.
- Add more butter and oil to skillet as necessary and allow to get hot before adding more batter.
- Transfer latkes to plates.
- Serve, passing Feta-Yogurt Sauce separately.

Nutrition Facts

PROTEIN 19.64% **FAT 72.37%** **CARBS 7.99%**

Properties

Glycemic Index:8.2, Glycemic Load:0.43, Inflammation Score:-9, Nutrition Score:11.804347909015%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 117.81kcal (5.89%), Fat: 9.65g (14.85%), Saturated Fat: 5.3g (33.1%), Carbohydrates: 2.4g (0.8%), Net Carbohydrates: 1.74g (0.63%), Sugar: 0.23g (0.25%), Cholesterol: 55.51mg (18.5%), Sodium: 399.7mg (17.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.79%), Vitamin K: 78.46µg (74.72%), Vitamin A: 2519.12IU (50.38%), Vitamin B2: 0.33mg (19.51%), Calcium: 192.43mg (19.24%), Phosphorus: 130.29mg (13.03%), Selenium: 7.73µg (11.05%), Folate: 43.51µg (10.88%), Vitamin B12: 0.57µg (9.49%), Vitamin B6: 0.18mg (8.79%), Manganese: 0.16mg (8.01%), Zinc: 1.08mg (7.19%), Vitamin E: 0.87mg (5.79%), Magnesium: 21.89mg (5.47%), Vitamin B1: 0.07mg (4.61%), Iron: 0.8mg (4.44%), Vitamin B5: 0.42mg (4.18%), Potassium: 109.07mg (3.12%), Vitamin C: 2.36mg (2.86%), Fiber: 0.65g (2.61%), Copper: 0.05mg (2.29%), Vitamin B3: 0.43mg (2.15%), Vitamin D: 0.25µg (1.69%)