



Greek-Herbed Spinach Latkes with Feta-Yogurt Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



30

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 4 tablespoons butter ()
- ☐ 0.3 cup egg bread loaf – crusts packed crustless ()
- ☐ 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 19.28%**  **FAT 69.26%**  **CARBS 11.46%**

Properties

Glycemic Index:8.2, Glycemic Load:0.43, Inflammation Score:-9, Nutrition Score:12.100869676341%

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: 125.35kcal (6.27%), Fat: 9.81g (15.1%), Saturated Fat: 5.34g (33.36%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 2.94g (1.07%), Sugar: 0.27g (0.3%), Cholesterol: 56.85mg (18.95%), Sodium: 409.69mg (17.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.29%), Vitamin K: 78.48µg (74.75%), Vitamin A: 2524.67IU (50.49%), Vitamin B2: 0.34mg (20.19%), Calcium: 194.88mg (19.49%), Phosphorus: 133.08mg (13.31%), Selenium: 8.53µg (12.18%), Folate: 46.27µg (11.57%), Vitamin B12: 0.57µg (9.54%), Vitamin B6: 0.18mg (8.88%), Manganese: 0.17mg (8.67%), Zinc: 1.1mg (7.33%), Vitamin E: 0.88mg (5.83%), Magnesium: 22.39mg (5.6%), Vitamin B1: 0.08mg (5.38%), Iron: 0.88mg (4.88%), Vitamin B5: 0.43mg (4.26%), Potassium: 112.1mg (3.2%), Fiber: 0.71g (2.86%), Vitamin C: 2.36mg (2.86%), Vitamin B3: 0.56mg (2.78%), Copper: 0.05mg (2.51%), Vitamin D: 0.26µg (1.76%)