



Hanukkah Latkes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.3 pounds baking potato cubed peeled
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 2 egg whites
- ☐ 2 tablespoons flour all-purpose
- ☐ 6 tablespoons nonfat cream sour
- ☐ 1 small onion quartered
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon salt

☐ 1 tablespoon vegetable oil divided

Equipment

☐ food processor

☐ frying pan

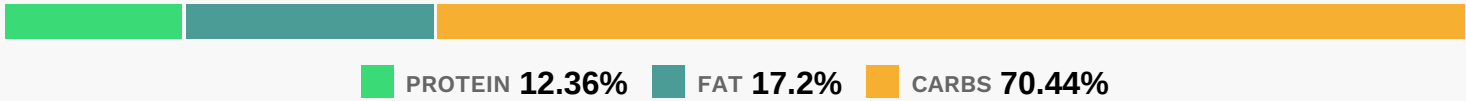
Directions

☐ Place the first 7 ingredients in a food processor. Pulse 20 times or until potato is very finely chopped.

☐ Heat 1/2 teaspoon oil in a large nonstick skillet over medium-high heat. Spoon about 1 heaping tablespoon batter per pancake into skillet; cook 1 1/2 minutes on each side or until browned. Repeat procedure with remaining oil and batter.

☐ Serve pancakes with sour cream; garnish with green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:51.79, Glycemic Load:15.1, Inflammation Score:-2, Nutrition Score:5.5043477493784%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 122.73kcal (6.14%), Fat: 2.4g (3.69%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 20.59g (7.49%), Sugar: 1.21g (1.34%), Cholesterol: 1.08mg (0.36%), Sodium: 250.23mg (10.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.75%), Vitamin B6: 0.34mg (17.21%), Potassium: 446.17mg (12.75%), Manganese: 0.19mg (9.37%), Vitamin C: 6.25mg (7.58%), Phosphorus: 74.68mg (7.47%), Vitamin B1: 0.11mg (7.18%), Magnesium: 25.87mg (6.47%), Vitamin B2: 0.11mg (6.39%), Fiber: 1.51g (6.02%), Vitamin B3: 1.16mg (5.79%), Vitamin K: 5.99µg (5.71%), Selenium: 3.92µg (5.6%), Copper: 0.11mg (5.52%), Iron: 0.99mg (5.48%), Folate: 21.75µg (5.44%), Calcium: 41.14mg (4.11%), Vitamin B5: 0.33mg (3.29%), Zinc: 0.38mg (2.5%), Vitamin E: 0.2mg (1.33%)