



Herbed Yukon Gold Potato Latkes

 Very Healthy

READY IN



70 min.

SERVINGS



1

CALORIES



2014 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 1 serving capers
- 1 serving onion and/or 2-in. lengths of chive red thinly sliced
- 1 tablespoon coarse kosher salt
- 5 large eggs beaten
- 0.8 cup chives fresh finely chopped
- 0.5 cup parsley fresh chopped
- 2 teaspoons rosemary leaves fresh chopped

- 2 teaspoons thyme leaves fresh chopped
- 0.5 cup matzo meal
- 1 serving cup heavy whipping cream sour
- 1 serving vegetable oil for frying
- 3.5 pounds yukon gold potatoes with any brown spots or eyes removed scrubbed

Equipment

- food processor
- bowl
- frying pan
- paper towels
- oven
- mixing bowl
- ziploc bags
- kitchen towels
- spatula
- colander
- candy thermometer
- box grater

Directions

- Fill a large mixing bowl three-quarters full with cold water. Using the coarse side of a box grater or a food processor fitted with a medium-coarse grating disk, grate potatoes, transferring them to the water as you go.
- Let potatoes stand in water 15 minutes.
- Pour potatoes into a fine-mesh colander and rinse well with water. Rinse mixing bowl and wipe dry.
- Take a large handful of potato and squeeze to remove some water. Pile onto a clean kitchen towel, gather towel corners up into one hand, and twist hard to wring out any remaining moisture. Repeat with rest of potatoes, using fresh towels if needed. Return mixture to bowl.

- In a medium bowl, stir together eggs, matzo meal, herbs, salt, and pepper, then pour over potatoes and toss to mix well. If at any time you notice a pool of liquid in the bottom of the bowl, toss in more matzo meal, 2 tbsp. at a time.
- Pour 3/4 in. oil into a 10- to 12-in. frying pan (with sides at least 2 in. high) over medium-high heat. When oil reaches 350, scoop a scant 1/4 cup of potato mixture from bowl, then gently turn onto a wide spatula. Press into a patty about 1/3 in. thick, then gently slide pancake into hot oil. Cook 3 or 4 pancakes at a time (do not crowd pan) until edges are crispy and well browned and undersides are golden brown, 2 to 3 minutes. Gently turn and cook until other sides are golden brown, 2 to 3 minutes longer.
- Transfer pancakes to paper towels to drain briefly, then keep warm in a 200 oven while you cook remaining pancakes.
- Serve with sliced smoked salmon, sour cream, onion and/or chives, and capers.
- Tips for Terrific Latkes: Soaking, rinsing, and drying the grated potatoes removes excess starch and makes the latkes crispy (not necessary for sweet potatoes).
- Use restraint when adding eggs and matzo meal. Too much will make the latkes heavy.
- Keep oil between 300 and 350 while frying to prevent latkes from turning greasy. Check heat with a candy thermometer and adjust heat accordingly.
- If making latkes ahead, let cool on paper towels, then arrange in a single layer in a zip-lock plastic bag and refrigerate up to 3 days. Reheat in a 300 oven until crispy and hot, about 15 minutes.

Nutrition Facts

PROTEIN **14.79%** FAT **17.2%** CARBS **68.01%**

Properties

Glycemic Index:237.75, Glycemic Load:204, Inflammation Score:-10, Nutrition Score:82.34086965478%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 64.74mg, Apigenin: 64.74mg, Apigenin: 64.74mg, Apigenin: 64.74mg Luteolin: 2.19mg, Luteolin: 2.19mg, Luteolin: 2.19mg, Luteolin: 2.19mg Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg Kaempferol: 18.77mg, Kaempferol: 18.77mg, Kaempferol: 18.77mg, Kaempferol: 18.77mg Myricetin: 4.45mg, Myricetin: 4.45mg, Myricetin: 4.45mg, Myricetin: 4.45mg Quercetin: 16.08mg, Quercetin: 16.08mg, Quercetin: 16.08mg, Quercetin: 16.08mg

Nutrients (% of daily need)

Calories: 2013.89kcal (100.69%), Fat: 38.86g (59.79%), Saturated Fat: 14.63g (91.46%), Carbohydrates: 345.88g (115.29%), Net Carbohydrates: 305.95g (111.26%), Sugar: 15.74g (17.49%), Cholesterol: 956.92mg (318.97%), Sodium: 7652.79mg (332.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.2g (150.4%), Vitamin K: 596.12µg (567.73%), Vitamin C: 376.72mg (456.63%), Vitamin B6: 5.28mg (264.15%), Potassium: 7431.6mg (212.33%), Manganese: 3.46mg (173.03%), Fiber: 39.92g (159.7%), Selenium: 108.23µg (154.61%), Phosphorus: 1513.87mg (151.39%), Iron: 22.32mg (123.99%), Vitamin A: 5803.2IU (116.06%), Folate: 464.05µg (116.01%), Vitamin B2: 1.96mg (115.52%), Vitamin B1: 1.7mg (113.14%), Magnesium: 452.28mg (113.07%), Copper: 2.09mg (104.64%), Vitamin B3: 20.35mg (101.76%), Vitamin B5: 9.15mg (91.46%), Zinc: 8.96mg (59.71%), Calcium: 489.94mg (48.99%), Vitamin B12: 2.25µg (37.5%), Vitamin D: 5µg (33.33%), Vitamin E: 3.43mg (22.85%)