



Hungarian Porcini-Potato Latkes



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



161 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons breadcrumbs fresh
- ☐ 0.5 ounce the following: parmesan rind) dried
- ☐ 1 large eggs beaten to blend
- ☐ 2 garlic clove finely chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon paprika hot
- ☐ 7 tablespoons olive oil ()
- ☐ 1.5 pounds baking potatoes peeled

- ☐ 1 teaspoon salt
- ☐ 0.8 cup water hot

Equipment

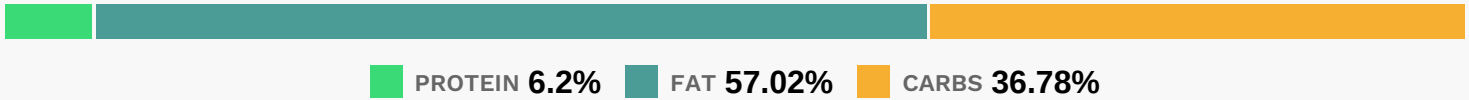
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sieve
- ☐ kitchen towels
- ☐ spatula

Directions

- ☐ Place porcini in small bowl.
- ☐ Add 3/4 cup hot water and let stand 45 minutes. Strain through fine sieve, reserving soaking liquid. Coarsely chop porcini.
- ☐ Heat 1 tablespoon oil in heavy medium nonstick skillet over medium-high heat.
- ☐ Add chopped porcini and garlic; sauté 2 minutes.
- ☐ Add reserved porcini soaking liquid and paprika; cook until liquid evaporates, stirring frequently, about 3 minutes. Season with salt and pepper. Cool. (Mushroom mixture can be made 1 day ahead. Cover and refrigerate.)
- ☐ Finely grate potatoes by hand or in processor fitted with grating disk.
- ☐ Transfer potatoes to large bowl.
- ☐ Add enough cold water to cover; let stand 5 minutes.
- ☐ Drain potatoes. Wrap in dry kitchen towel; twist ends to squeeze out as much liquid as possible.
- ☐ Place potatoes in large bowl.
- ☐ Mix in egg, breadcrumbs, salt, and pepper. Stir in mushroom mixture.
- ☐ Heat 6 tablespoons olive oil in heavy large skillet (preferably cast-iron) over medium-high heat until hot but not smoking. Working in batches, drop potato mixture by 1/4 cupfuls into hot oil, spacing apart. Using spatula, flatten each into 4-inch round and cook until crisp and

- brown, about 4 minutes per side. Using slotted spatula, transfer latkes to paper towels to drain.
- ☐ Add more oil to skillet as necessary and allow oil to get hot before adding more potato mixture.
 - ☐ Transfer to plates and serve.
 - ☐ *Available at Italian markets, specialty foods stores and many supermarkets.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:9.74, Inflammation Score:-2, Nutrition Score:5.2769564856654%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 161.34kcal (8.07%), Fat: 10.48g (16.13%), Saturated Fat: 1.56g (9.75%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 13.96g (5.08%), Sugar: 0.62g (0.69%), Cholesterol: 18.6mg (6.2%), Sodium: 259.22mg (11.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.13%), Vitamin B6: 0.27mg (13.57%), Vitamin E: 1.53mg (10.21%), Potassium: 324.73mg (9.28%), Manganese: 0.17mg (8.49%), Copper: 0.16mg (7.98%), Vitamin K: 7.61µg (7.24%), Vitamin B5: 0.61mg (6.13%), Phosphorus: 56.49mg (5.65%), Vitamin B1: 0.08mg (5.56%), Vitamin B3: 1.07mg (5.33%), Iron: 0.91mg (5.07%), Vitamin C: 4.12mg (4.99%), Fiber: 1.25g (4.98%), Magnesium: 19.84mg (4.96%), Vitamin B2: 0.07mg (4.39%), Selenium: 3.07µg (4.38%), Folate: 16.46µg (4.11%), Zinc: 0.42mg (2.79%), Vitamin A: 126.79IU (2.54%), Calcium: 18.22mg (1.82%), Vitamin D: 0.16µg (1.04%)