



Kerry's Sweet Potato Latkes

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup apple sauce
- ☐ 0.3 teaspoon pepper black
- ☐ 2 eggs
- ☐ 2 teaspoons olive oil
- ☐ 0.5 onion grated
- ☐ 1 cup nonfat yogurt plain
- ☐ 0.5 teaspoon salt
- ☐ 1 large sweet potatoes and into grated peeled

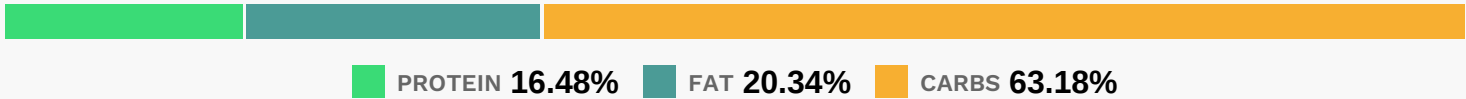
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ sieve

Directions

- ☐ Preheat oven to 200 degrees F (95 degrees C). Line a baking sheet with paper towels.
- ☐ Fill a bowl with lightly-salted water. Rinse the grated sweet potato in the water, and drain into a sieve. Pat the grated sweet potato dry with a cloth or paper towels, then place into a bowl. Squeeze excess moisture from the grated onion, and place into the bowl with the sweet potato. Stir the eggs and pepper into the mixture until well combined.
- ☐ Heat the olive oil in a nonstick skillet over medium heat until it shimmers, and spoon about 1 heaping tablespoon of the potato mixture per patty into the hot oil. Flatten the patties with a fork, and fry until golden brown and crisp on the bottom, 5 to 8 minutes. Flip and cook on the other side, sprinkle with salt, then set the cooked patties aside on the prepared baking sheet in the preheated oven while you finish cooking the latkes. Stir the potato mixture before cooking each batch of patties.
- ☐ Serve hot with applesauce and yogurt.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:8.74, Inflammation Score:-10, Nutrition Score:13.851304406705%

Flavonoids

Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg,

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg, Quercetin: 4.02mg

Nutrients (% of daily need)

Calories: 187.97kcal (9.4%), Fat: 4.32g (6.65%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 30.22g (10.07%), Net Carbohydrates: 26.74g (9.72%), Sugar: 14.65g (16.28%), Cholesterol: 83.07mg (27.69%), Sodium: 417.67mg (18.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.77%), Vitamin A: 12200.69IU (244.01%), Vitamin B2: 0.32mg (18.7%), Phosphorus: 186.91mg (18.69%), Calcium: 166.06mg (16.61%), Potassium: 539.95mg (15.43%), Vitamin B5: 1.45mg (14.54%), Vitamin B6: 0.28mg (14.04%), Fiber: 3.49g (13.95%), Manganese: 0.28mg (13.91%), Selenium: 9.73µg (13.9%), Magnesium: 38.95mg (9.74%), Vitamin B12: 0.57µg (9.49%), Copper: 0.18mg (8.85%), Vitamin B1: 0.13mg (8.45%), Folate: 31.5µg (7.88%), Zinc: 1.18mg (7.85%), Iron: 1.15mg (6.41%), Vitamin E: 0.84mg (5.61%), Vitamin C: 4.22mg (5.11%), Vitamin K: 3.49µg (3.32%), Vitamin B3: 0.63mg (3.17%), Vitamin D: 0.44µg (2.93%)