



Latkes

READY IN



45 min.

SERVINGS



24

CALORIES



217 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons canola oil
- 24 servings cup heavy whipping cream sour for serving
- 2 eggs lightly beaten
- 0.3 cup flour all-purpose
- 2 pounds wheat starch such as yukon gold peeled (5 medium)
- 0.8 cup onion red finely chopped
- 1 teaspoon salt

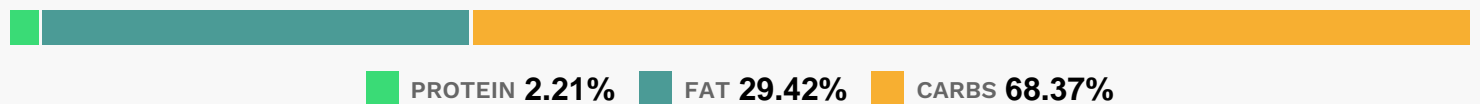
Equipment

- food processor
- bowl
- baking sheet
- oven
- spatula
- box grater

Directions

- Heat oven to 450 F.
- Brush 2 baking sheets with 1 tablespoon of the oil and set aside.
- Using a box grater or a food processor fitted with a shredding blade, coarsely grate the potatoes.
- Place the grated potatoes in a large bowl with the onion, flour, salt, pepper, eggs, and the remaining tablespoon of oil. Toss to mix well.
- Drop by rounded tablespoonfuls onto baking sheets and press lightly to make patties.
- Bake 10 minutes or until golden brown on the bottom. Turn the latkes with a metal spatula and rotate the baking sheets.
- Bake another 5 minutes or until golden.
- Transfer to a platter and serve with the applesauce and sour cream.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:0.82, Inflammation Score:-2, Nutrition Score:1.6595652064551%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin:

1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 217.36kcal (10.87%), Fat: 6.97g (10.72%), Saturated Fat: 3.66g (22.87%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 35.96g (13.08%), Sugar: 0.67g (0.74%), Cholesterol: 30.59mg (10.2%), Sodium: 109.78mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin A: 240.51IU (4.81%), Selenium: 3.1µg (4.43%), Vitamin B2: 0.05mg (3.1%), Vitamin E: 0.38mg (2.55%), Phosphorus: 23.76mg (2.38%), Vitamin D: 0.31µg (2.09%), Manganese: 0.04mg (1.97%), Fiber: 0.47g (1.86%), Iron: 0.33mg (1.84%), Calcium: 14.21mg (1.42%), Folate: 5.66µg (1.41%), Copper: 0.03mg (1.37%), Vitamin K: 1.38µg (1.32%), Vitamin B1: 0.02mg (1.13%), Vitamin B5: 0.11mg (1.07%)