



Latkes with Sichuan Peppercorns

 Dairy Free

READY IN



60 min.

SERVINGS



20

CALORIES



128 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 20 servings pepper black freshly ground
- 4 eggs
- 2 tablespoons kosher salt to taste
- 1 cup matzo meal
- 5 cups onion diced
- 4 pounds baking potatoes

Equipment

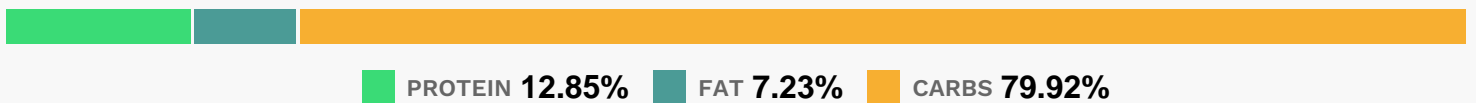
- food processor

- bowl
- frying pan
- paper towels
- box grater

Directions

- Shred potatoes with the grating attachment of a food processor or on the finer holes of a box grater. Pick up grated potato one handful at a time and squeeze water into a medium bowl.
- Transfer squeezed potatoes shreds to a large bowl.
- Let the potato water rest until starch has sunk to the bottom, about 5 minutes. Carefully pour excess water into the sink, taking care not to discard the starch.
- Add the drained starch, diced onions, eggs, and matzo meal to the potatoes. Season with salt and pepper.
- Pour a 1/4-inch layer of oil into the skillet and place over medium heat. A sliver of potato should immediately start bubbling. Put down mounds of potato mixture in the oil, forming lacy rounds. (Alternatively, form patties 3 to 4 inches in diameter and 1/2 to 1 thick in the center.) Fry on medium low heat on one side until completely browned, about 2 to 5 minutes depending on thickness of latkes. Carefully flip patties and cook until second side is crisp.
- Transfer cooked latkes to a large plate lined with paper towels to drain. Repeat until all potatoes are cooked. Dust latkes with Sichuan peppercorn and serve immediately with apple sauce and sour cream.

Nutrition Facts



Properties

Glycemic Index:7.19, Glycemic Load:13.73, Inflammation Score:-3, Nutrition Score:6.2752172635949%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 128.15kcal (6.41%), Fat: 1.05g (1.62%), Saturated Fat: 0.33g (2.08%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 24.02g (8.73%), Sugar: 2.31g (2.57%), Cholesterol: 32.74mg (10.91%), Sodium: 716.3mg (31.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Vitamin B6: 0.38mg (19.21%), Potassium: 458.15mg (13.09%), Manganese: 0.26mg (12.83%), Vitamin C: 8.13mg (9.86%), Phosphorus: 85.31mg (8.53%), Fiber: 2.09g (8.38%), Selenium: 5.85µg (8.36%), Vitamin B1: 0.12mg (8.23%), Iron: 1.25mg (6.97%), Magnesium: 27.86mg (6.97%), Folate: 25.64µg (6.41%), Vitamin B3: 1.27mg (6.33%), Copper: 0.12mg (6.07%), Vitamin B2: 0.1mg (5.97%), Vitamin B5: 0.49mg (4.9%), Zinc: 0.5mg (3.3%), Calcium: 27.71mg (2.77%), Vitamin K: 2µg (1.91%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.18µg (1.17%)