



# Leek and Potato Fritters with Lemon-Cumin Yogurt

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



194 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 8 teaspoons canola oil divided
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.3 teaspoon ground cumin

- ☐ 20 ounce hash brown potatoes shredded refrigerated (such as Simply Potatoes)
- ☐ 1.5 pounds leek thinly sliced
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1.5 cups nonfat yogurt plain
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon salt divided
- ☐ 6 tablespoons water divided

## Equipment

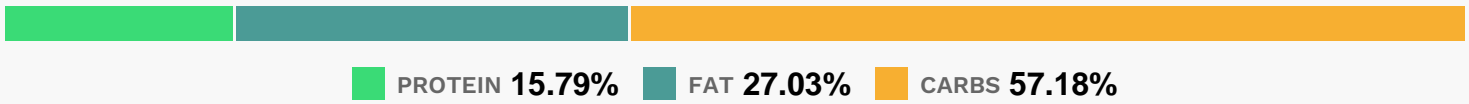
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ spatula

## Directions

- ☐ To prepare yogurt, spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes.
- ☐ Scrape into a bowl using a rubber spatula.
- ☐ Combine yogurt and next 5 ingredients (through 1/8 teaspoon pepper) in a small bowl. Cover and chill.
- ☐ To prepare fritters, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add leek, 2 tablespoons water, 1/4 teaspoon salt, and 1/4 teaspoon pepper. Saut 10 minutes or until golden, adding remaining 1/4 cup water as necessary to prevent leeks from sticking to pan.
- ☐ Place leeks and potatoes in a large bowl.
- ☐ Combine 1/2 teaspoon salt, 1/4 teaspoon pepper, eggs, and egg whites; stir well with a whisk.
- ☐ Add egg mixture to potato mixture.

- ☐
- Heat 4 teaspoons oil in a large nonstick skillet coated with cooking spray over medium-high heat. Spoon about 3 tablespoons potato mixture for each of 8 fritters into pan. Cook 3 minutes on each side or until browned.
- ☐
- Remove from pan. Repeat procedure with the remaining 4 teaspoons oil and potato mixture.
- ☐
- Sprinkle fritters with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐
- Serve with yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:20.25, Glycemic Load:7.01, Inflammation Score:-8, Nutrition Score:14.003043397613%

Flavonoids

Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 194.37kcal (9.72%), Fat: 6g (9.23%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 25.96g (9.44%), Sugar: 6.96g (7.73%), Cholesterol: 47.42mg (15.81%), Sodium: 427.19mg (18.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.78%), Vitamin K: 43.32µg (41.26%), Vitamin A: 1490.54IU (29.81%), Manganese: 0.55mg (27.66%), Vitamin C: 16.66mg (20.19%), Folate: 69.05µg (17.26%), Phosphorus: 162.15mg (16.21%), Calcium: 158.86mg (15.89%), Iron: 2.82mg (15.65%), Vitamin B6: 0.31mg (15.46%), Potassium: 507.96mg (14.51%), Vitamin B2: 0.24mg (13.95%), Selenium: 8.25µg (11.78%), Magnesium: 43.53mg (10.88%), Vitamin E: 1.62mg (10.79%), Fiber: 2.6g (10.41%), Vitamin B1: 0.15mg (9.88%), Copper: 0.2mg (9.81%), Vitamin B5: 0.85mg (8.54%), Vitamin B3: 1.6mg (8.01%), Vitamin B12: 0.4µg (6.65%), Zinc: 0.87mg (5.8%), Vitamin D: 0.25µg (1.67%)