



Mashed Potato Latkes with Zucchini and Dill

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup cornstarch
- ☐ 1 large eggs
- ☐ 2 teaspoons optional: dill fresh minced
- ☐ 1 cup leek diced
- ☐ 0.5 cup matzo meal
- ☐ 1.5 teaspoons salt
- ☐ 3 tablespoons vegetable oil divided

- ☐ 1.8 pounds yukon gold potatoes cubed peeled
- ☐ 2 cups zucchini cubed

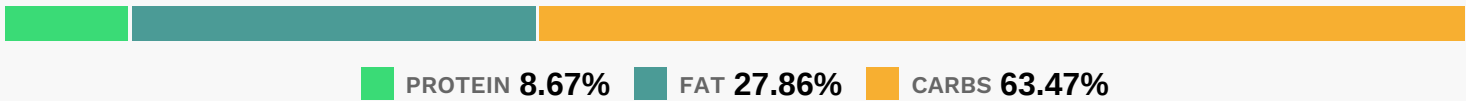
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ potato masher

Directions

- ☐ Place potato in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 15 minutes.
- ☐ Add zucchini and leek, and cook 6 minutes or until tender.
- ☐ Drain. Return mixture to pan; mash with a potato masher. Cool slightly. Stir in cornstarch and next 4 ingredients (cornstarch through egg).
- ☐ Divide potato mixture into 16 equal portions, shaping each into a 1/2-inch-thick patty. Dredge in matzo meal.
- ☐ Heat 2 1/4 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add 4 patties; cook 2 minutes on each side or until browned. Repeat procedure with remaining oil and patties.

Nutrition Facts



Properties

Glycemic Index:22.22, Glycemic Load:13.24, Inflammation Score:-4, Nutrition Score:9.2000000373177%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 192.61kcal (9.63%), Fat: 6.05g (9.3%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 30.98g (10.33%), Net Carbohydrates: 27.96g (10.17%), Sugar: 2.03g (2.26%), Cholesterol: 23.25mg (7.75%), Sodium: 455.96mg (19.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.47%), Vitamin C: 26.45mg (32.06%), Vitamin B6: 0.39mg (19.51%), Vitamin K: 18.08µg (17.21%), Manganese: 0.34mg (16.92%), Potassium: 539.15mg (15.4%), Fiber: 3.02g (12.1%), Phosphorus: 93.13mg (9.31%), Vitamin B1: 0.14mg (9.1%), Folate: 34.92µg (8.73%), Magnesium: 34.81mg (8.7%), Iron: 1.55mg (8.59%), Selenium: 5.74µg (8.2%), Vitamin B3: 1.58mg (7.89%), Copper: 0.15mg (7.54%), Vitamin B2: 0.12mg (6.97%), Vitamin A: 285.8IU (5.72%), Vitamin B5: 0.51mg (5.09%), Vitamin E: 0.64mg (4.26%), Zinc: 0.55mg (3.64%), Calcium: 29.02mg (2.9%)