



Mini Latkes With Salmon-Olive Relish

 Dairy Free

READY IN



54 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 lb baking potatoes peeled
- 0.8 cup canola oil
- 2 large eggs lightly beaten
- 8 servings garnish: green onion curls
- 1 teaspoon coarsely ground pepper
- 1 teaspoon kosher salt
- 0.3 cup matzo meal unsalted
- 8 servings salmon-olive relish

1 small onion sweet

Equipment

bowl

frying pan

baking sheet

paper towels

oven

wire rack

box grater

Directions

Grate potatoes and onion through large holes on a box grater. Pat grated potatoes and onion dry with paper towels.

Place potatoes and onion in a large bowl. Stir in lightly beaten eggs and next 3 ingredients.

Drop potato mixture by heaping tablespoonfuls into hot canola oil in a large, deep skillet over medium-high heat; cook 2 to 4 minutes on each side or until golden brown.

Drain latkes on paper towels, and sprinkle with kosher salt to taste, if desired. Top each latke with 1 tsp. Salmon-Olive Relish.

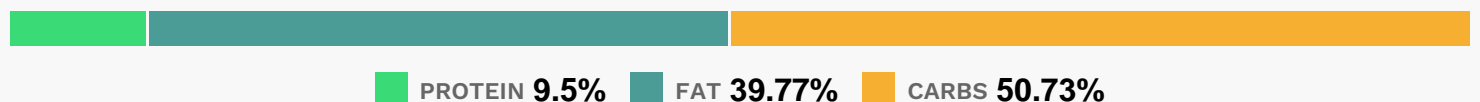
Garnish, if desired.

Serve immediately.

Note: To keep latkes warm before topping with relish, place on a wire rack on a baking sheet.

Place in a 250 oven up to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:18.59, Glycemic Load:12.21, Inflammation Score:-4, Nutrition Score:8.055217369743%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg,
Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg
Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.47mg, Myricetin:
0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg,
Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 190.02kcal (9.5%), Fat: 8.65g (13.31%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 24.83g (8.28%), Net
Carbohydrates: 22.3g (8.11%), Sugar: 2.92g (3.24%), Cholesterol: 46.5mg (15.5%), Sodium: 629.01mg (27.35%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.3%), Vitamin B6: 0.39mg (19.29%), Vitamin K: 17.81µg
(16.97%), Potassium: 456.01mg (13.03%), Manganese: 0.25mg (12.43%), Vitamin E: 1.68mg (11.23%), Fiber: 2.53g
(10.13%), Selenium: 6.77µg (9.67%), Vitamin C: 7.96mg (9.65%), Phosphorus: 91.3mg (9.13%), Folate: 32.77µg
(8.19%), Vitamin B1: 0.12mg (8.14%), Iron: 1.46mg (8.09%), Copper: 0.16mg (7.79%), Magnesium: 30.08mg (7.52%),
Vitamin B2: 0.12mg (6.89%), Vitamin B3: 1.25mg (6.27%), Vitamin B5: 0.53mg (5.27%), Calcium: 43.1mg (4.31%),
Vitamin A: 208.55IU (4.17%), Zinc: 0.54mg (3.58%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)