



## Parsnip-Potato Latkes With Cinnamon Applesauce

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cinnamon sticks
- 2 large eggs
- 3 tablespoons flour all-purpose
- 2 tablespoons chives fresh minced
- 2 tablespoons parsley fresh chopped
- 1 clove garlic minced
- 8 servings kosher salt and pepper freshly ground

- 1 optional: lemon
- 0.5 medium onion
- 0.5 pound parsnips peeled ( 4)
- 3 pounds apples mixed red unpeeled
- 8 servings vegetable oil for frying
- 0.5 pound yukon gold potatoes peeled ( 2)

## Equipment

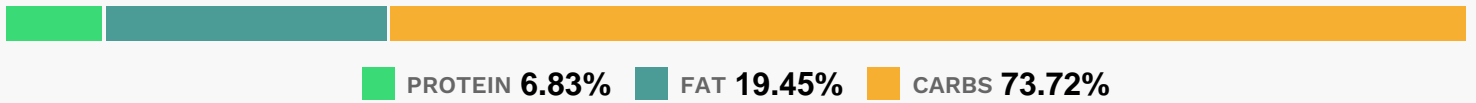
- food processor
- bowl
- frying pan
- paper towels
- sauce pan
- peeler
- grater
- box grater

## Directions

- Cut the apples into 1-inch pieces.
- Remove 3 wide strips zest from the lemon with a vegetable peeler; transfer to a saucepan and squeeze in the lemon juice.
- Add the apples and cinnamon stick, cover and cook over medium heat until soft, 15 to 20 minutes. Uncover and increase the heat to medium high. Continue to cook, mashing and stirring the apples, until they thicken, 10 to 15 minutes.
- Remove the cinnamon stick, then pass the apples through a food mill or puree in a food processor. Set aside until ready to serve.
- Meanwhile, make the latkes: Grate the potatoes, parsnips and onion using the medium grater attachment of a food processor or the large holes of a box grater. Squeeze the mixture by the handful over the sink to remove any excess liquid.

- Mix with the garlic, eggs, parsley and chives in a large bowl, then add the flour and 1/2 teaspoon each salt and pepper. Shape into 12 thin patties, squeezing to remove any remaining liquid as you form each one; lay on a sheet of parchment.
- Heat 1/4 inch of peanut oil in a large skillet over medium-high heat. Fry the latkes in batches until golden brown, 4 to 5 minutes per side.
- Drain on paper towels and season with salt while hot.
- Serve with the cinnamon applesauce.
- Photograph by Anna Williams

## Nutrition Facts



### Properties

Glycemic Index:50.91, Glycemic Load:13.74, Inflammation Score:-5, Nutrition Score:10.331739145776%

### Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg, Quercetin: 8.89mg

### Nutrients (% of daily need)

Calories: 193.3kcal (9.66%), Fat: 4.48g (6.9%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 38.24g (12.75%), Net Carbohydrates: 31.28g (11.37%), Sugar: 19.99g (22.21%), Cholesterol: 46.5mg (15.5%), Sodium: 219.07mg (9.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.08%), Vitamin C: 27.79mg (33.69%), Vitamin K: 34.02µg (32.4%), Fiber: 6.96g (27.83%), Manganese: 0.38mg (19.24%), Potassium: 467.78mg (13.37%), Vitamin B6: 0.23mg (11.38%), Folate: 44.79µg (11.2%), Phosphorus: 88.81mg (8.88%), Vitamin B2: 0.15mg (8.56%), Selenium: 5.55µg (7.93%), Vitamin B1: 0.12mg (7.67%), Vitamin E: 1.13mg (7.56%), Magnesium: 28.31mg (7.08%), Copper:

0.14mg (6.84%), Iron: 1.16mg (6.42%), Vitamin B5: 0.61mg (6.06%), Vitamin A: 281.24IU (5.62%), Vitamin B3: 0.88mg (4.38%), Calcium: 43.58mg (4.36%), Zinc: 0.55mg (3.64%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)