



Passover Potato Latkes

READY IN



30 min.

SERVINGS



9

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

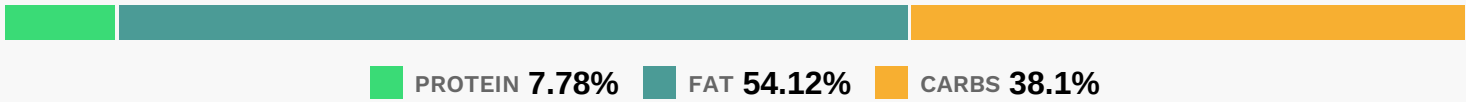
- ☐ 9 servings cup heavy whipping cream sour for serving
- ☐ 2 large eggs
- ☐ 0.3 cup grapeseed oil as needed
- ☐ 2 tbsp matzo meal as needed
- ☐ 1 medium onion peeled quartered
- ☐ 4 medium potatoes peeled cut into chunks
- ☐ 9 servings salt and pepper to taste

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Passover Potato Latkes
- ☐ Ingredients4 medium potatoes, peeled and cut into chunks1 medium onion, peeled and quartered2 tbsp matzo meal, or more as needed2 large eggs1/4 cup olive oil or grapeseed oil, or more as needed
- ☐ Salt and pepper to taste
- ☐ Applesauce and sour cream for serving
- ☐ Total Time: 30 Minutes
- ☐ Servings: about 9 latkes
- ☐ Kosher Key: Pareve, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:18.31, Glycemic Load:12.36, Inflammation Score:-4, Nutrition Score:7.3186956488568%

Flavonoids

Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 206.98kcal (10.35%), Fat: 12.66g (19.47%), Saturated Fat: 4.41g (27.59%), Carbohydrates: 20.05g (6.68%), Net Carbohydrates: 17.69g (6.43%), Sugar: 1.74g (1.94%), Cholesterol: 58.28mg (19.43%), Sodium: 219.79mg (9.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Vitamin C: 19.64mg (23.81%), Vitamin B6: 0.32mg (16.03%), Vitamin E: 2.01mg (13.41%), Potassium: 448.5mg (12.81%), Fiber: 2.36g (9.43%), Phosphorus: 90.18mg (9.02%), Manganese: 0.18mg (8.94%), Selenium: 5.03µg (7.18%), Vitamin B2: 0.12mg (7%), Vitamin B1: 0.1mg (6.49%), Magnesium: 25.94mg (6.48%), Folate: 23.67µg (5.92%), Copper: 0.12mg (5.91%), Iron: 1.05mg (5.81%), Vitamin A: 282.64IU (5.65%), Vitamin B3: 1.12mg (5.58%), Vitamin B5: 0.51mg (5.14%), Zinc: 0.49mg (3.27%), Vitamin D: 0.46µg (3.08%), Calcium: 30.7mg (3.07%), Vitamin K: 2.37µg (2.25%), Vitamin B12: 0.12µg (2.05%)