



Potato Latkes

 Vegetarian

READY IN



20 min.

SERVINGS



2

CALORIES



570 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 large baking potatoes
- 0.3 teaspoon pepper black freshly ground
- 3 tablespoons ghee
- 1 extra large eggs
- 3 tablespoons flour all-purpose
- 1.3 teaspoons kosher salt

Equipment

- bowl

- frying pan
- kitchen towels
- box grater

Directions

- Watch how to make this recipe.
- Peel the potatoes and grate them on a box grater. Wrap the grated potatoes in a kitchen towel and squeeze out as much liquid as possible.
- Combine the potatoes in a bowl with the egg, flour, salt and pepper.
- Mix well.
- Melt the clarified butter in a large saute pan over medium heat.
- Place a tablespoon of the potato mixture into the sizzling butter and cook for 2 minutes. Turn the pancakes over and cook for another 2 minutes, or until crisp on the outside and golden brown.
- Serve the pancakes hot from the skillet.

Nutrition Facts

■ PROTEIN **8.71%** ■ FAT **39.35%** ■ CARBS **51.94%**

Properties

Glycemic Index:95.88, Glycemic Load:58.69, Inflammation Score:-5, Nutrition Score:19.513043569482%

Nutrients (% of daily need)

Calories: 570.23kcal (28.51%), Fat: 25.46g (39.17%), Saturated Fat: 14.92g (93.25%), Carbohydrates: 75.62g (25.21%), Net Carbohydrates: 70.46g (25.62%), Sugar: 2.42g (2.69%), Cholesterol: 161.76mg (53.92%), Sodium: 1512.36mg (65.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.35%), Vitamin B6: 1.33mg (66.32%), Potassium: 1593.03mg (45.52%), Manganese: 0.7mg (34.98%), Phosphorus: 270.93mg (27.09%), Vitamin B1: 0.4mg (26.82%), Vitamin C: 21.03mg (25.49%), Iron: 4.22mg (23.46%), Magnesium: 91.17mg (22.79%), Vitamin B3: 4.51mg (22.54%), Folate: 85.45µg (21.36%), Copper: 0.42mg (21.04%), Fiber: 5.16g (20.66%), Selenium: 13.9µg (19.86%), Vitamin B2: 0.31mg (17.99%), Vitamin B5: 1.59mg (15.93%), Zinc: 1.52mg (10.11%), Vitamin K: 7.17µg (6.83%), Calcium: 67.35mg (6.73%), Vitamin B12: 0.25µg (4.15%), Vitamin D: 0.56µg (3.73%), Vitamin A: 156.26IU (3.13%), Vitamin E: 0.34mg (2.27%)