



Potato Latkes

 Dairy Free

READY IN



32 min.

SERVINGS



4

CALORIES



227 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large eggs lightly beaten
- ☐ 2 tablespoons matzo meal () (during Passover)
- ☐ 1.5 pounds russet potatoes peeled
- ☐ 1.5 teaspoons salt and pepper black freshly ground
- ☐ 0.3 cup shallots finely chopped
- ☐ 4 servings vegetable oil for frying

Equipment

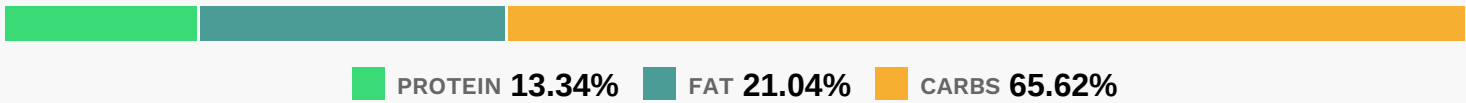
- ☐ food processor

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ sieve
- ☐ baking pan
- ☐ cheesecloth

Directions

- ☐ In a food processor grate the potatoes. Line a sieve with cheesecloth and transfer potatoes to the sieve. Set sieve over a bowl, twist cheesecloth into a pouch, squeezing out some moisture.
- ☐ Let mixture drain for 15 minutes. After 15 minutes, pour off liquid from the bowl but leave the white potato starch that settles in the bottom of the bowl.
- ☐ To that starch add shallots, eggs, flour, 1-1/2 teaspoons of salt and freshly ground pepper. Return drained potatoes to this mixture and toss to combine.
- ☐ Preheat oven to 200 degrees. Line a baking pan with paper towels. When you are ready to eat, in a large skillet heat 1/4 inch of oil over medium high heat until hot. Drop heaping tablespoonfuls of potato mixture and cook for 3 to 4 minutes a side; latkes should be golden and crisp on both sides. Eat right away or keep warm in oven.
- ☐ Serve with applesauce or sour cream or cottage cheese mixed with sour cream.

Nutrition Facts



Properties

Glycemic Index:36.69, Glycemic Load:24.87, Inflammation Score:-4, Nutrition Score:11.212173938751%

Nutrients (% of daily need)

Calories: 227.16kcal (11.36%), Fat: 5.42g (8.34%), Saturated Fat: 1.28g (7.99%), Carbohydrates: 38.07g (12.69%), Net Carbohydrates: 35.04g (12.74%), Sugar: 2.33g (2.59%), Cholesterol: 93mg (31%), Sodium: 45.93mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.74g (15.48%), Vitamin B6: 0.69mg (34.41%), Potassium: 808.76mg (23.11%), Manganese: 0.45mg (22.27%), Phosphorus: 157.56mg (15.76%), Selenium: 10.41µg (14.88%), Vitamin C: 10.88mg (13.19%), Iron: 2.31mg (12.83%), Fiber: 3.02g (12.1%), Magnesium: 47.76mg (11.94%), Vitamin B1: 0.18mg

(11.9%), Vitamin B2: 0.19mg (11.13%), Copper: 0.22mg (10.96%), Folate: 41.57µg (10.39%), Vitamin B3: 2.01mg (10.06%), Vitamin B5: 0.97mg (9.71%), Vitamin K: 9.65µg (9.19%), Zinc: 0.92mg (6.12%), Calcium: 45.56mg (4.56%), Vitamin B12: 0.22µg (3.71%), Vitamin E: 0.53mg (3.5%), Vitamin D: 0.5µg (3.33%), Vitamin A: 141.39IU (2.83%)