



Potato Latkes

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



9

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup vegetable oil
- 3 cups potatoes shredded peeled drained
- 1 cup carrots shredded
- 0.5 cup onion finely chopped
- 1 tablespoon chives fresh chopped
- 3 tablespoons flour all-purpose
- 4 eggs beaten
- 1 teaspoon salt

0.1 teaspoon pepper

Equipment

bowl

frying pan

Directions

In 12-inch nonstick skillet, heat 2 tablespoons of the oil over medium-high heat. Meanwhile, in medium bowl, stir potatoes and remaining ingredients until well mixed. Using about 1/3 cup mixture for each, form 9 patties 3 to 4 inches in diameter.

Cook patties 2 to 3 minutes on each side or until golden brown; cover to keep warm while cooking remaining patties. Repeat with remaining oil and patties.

Serve immediately.

Nutrition Facts

 **PROTEIN 11.23%**  **FAT 46.45%**  **CARBS 42.32%**

Properties

Glycemic Index:34.4, Glycemic Load:10.97, Inflammation Score:-9, Nutrition Score:9.1486955621968%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 154.05kcal (7.7%), Fat: 8.05g (12.38%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 14.33g (5.21%), Sugar: 1.68g (1.87%), Cholesterol: 72.75mg (24.25%), Sodium: 300.59mg (13.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Vitamin A: 2497.8IU (49.96%), Vitamin C: 15.48mg (18.76%), Vitamin K: 15.2µg (14.48%), Vitamin B6: 0.27mg (13.58%), Potassium: 384.26mg (10.98%), Selenium: 7.12µg (10.18%), Phosphorus: 89.11mg (8.91%), Fiber: 2.17g (8.69%), Manganese: 0.17mg (8.34%), Vitamin B2: 0.14mg (7.95%), Folate: 29.71µg (7.43%), Vitamin B1: 0.1mg (6.48%), Iron: 1.08mg (5.98%), Vitamin B5: 0.57mg (5.69%), Magnesium: 21.79mg (5.45%), Vitamin E: 0.81mg (5.37%), Vitamin B3: 1.05mg (5.26%), Copper: 0.1mg (5.21%), Zinc: 0.52mg (3.5%), Vitamin B12: 0.17µg (2.9%), Calcium: 27.05mg (2.71%), Vitamin D: 0.39µg (2.61%)