



Potato Latkes



Dairy Free



Popular

READY IN



60 min.

SERVINGS



22

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup breadcrumbs
- ☐ 1 large onion shredded white
- ☐ 2 eggs beaten
- ☐ 1.5 cups grapeseed oil for frying
- ☐ 0.5 tsp pepper
- ☐ 1 tbsp potato flour
- ☐ 1.3 tsp salt to taste
- ☐ 0.3 cup schmaltz

☐ 2.5 lbs yukon gold potatoes

Equipment

☐ food processor

☐ frying pan

☐ mixing bowl

☐ wire rack

☐ kitchen towels

☐ spatula

☐ colander

☐ cheesecloth

☐ grater

Directions

☐ Save Recipe

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☐ Potato Latkes

☐ Ingredients 2 1/2 lbs. Yukon Gold potatoes 1 large white or brown onion, shredded 3/4 cup matzo meal or bread crumbs 2 eggs, beaten 1 tbsp potato starch 1 1/4 tsp salt, or more to taste 1/2 tsp pepper

☐ Peanut or grapeseed oil for frying (about 1 1/2 cups) 1/4 cup schmaltz (optional) You will also need hand grater or food processor with shredding disc attachment with choice of large holes or fine holes, clean tea towel or layers of cheesecloth, skillet or electric skillet for frying, colander, large mixing bowl, medium bowl, metal spatula, wire cooling rack

☐ Prep Time: 30 Minutes

☐ Cook Time: 30 Minutes

☐ Total Time: 1 Hour

☐ Servings: 22–24 latkes

☐ Kosher Key: Pareve or Meat with optional schmaltz

Nutrition Facts



 **PROTEIN 7.61%**  **FAT 47.42%**  **CARBS 44.97%**

Properties

Glycemic Index:8.94, Glycemic Load:6.74, Inflammation Score:-2, Nutrition Score:3.9978260384954%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 111.34kcal (5.57%), Fat: 5.93g (9.12%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 11.2g (4.07%), Sugar: 0.95g (1.05%), Cholesterol: 17.21mg (5.74%), Sodium: 168.34mg (7.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.28%), Vitamin C: 10.67mg (12.94%), Vitamin B6: 0.17mg (8.72%), Potassium: 243.96mg (6.97%), Manganese: 0.13mg (6.49%), Vitamin E: 0.97mg (6.48%), Fiber: 1.45g (5.79%), Vitamin B1: 0.08mg (5.5%), Phosphorus: 46.04mg (4.6%), Vitamin B3: 0.81mg (4.06%), Folate: 15.46µg (3.87%), Iron: 0.67mg (3.75%), Magnesium: 14.92mg (3.73%), Copper: 0.07mg (3.6%), Selenium: 2.36µg (3.37%), Vitamin B2: 0.05mg (3.04%), Vitamin B5: 0.25mg (2.45%), Zinc: 0.27mg (1.79%), Calcium: 17.25mg (1.73%), Vitamin K: 1.34µg (1.27%)