



Potato Latkes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



105 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 12 servings cup heavy whipping cream sour
- 1 large eggs lightly beaten
- 0.5 cup olive oil
- 0.5 cup onion finely chopped
- 1 pound potatoes
- 0.5 teaspoon salt

Equipment

- bowl

- frying pan
- baking sheet
- paper towels
- oven
- wire rack
- baking pan
- kitchen towels
- colander

Directions

- Preheat oven to 250°F.
- Peel potatoes and coarsely grate by hand, transferring to a large bowl of cold water as grated. Soak potatoes 1 to 2 minutes after last batch is added to water, then drain well in a colander.
- Spread grated potatoes and onion on a kitchen towel and roll up jelly-roll style. Twist towel tightly to wring out as much liquid as possible.
- Transfer potato mixture to a bowl and stir in egg and salt.
- Heat 1/4 cup oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking. Working in batches of 4 latkes, spoon 2 tablespoons potato mixture per latke into skillet, spreading into 3-inch rounds with a fork. Reduce heat to moderate and cook until undersides are browned, about 5 minutes. Turn latkes over and cook until undersides are browned, about 5 minutes more.
- Transfer to paper towels to drain and season with salt.
- Add more oil to skillet as needed. Keep latkes warm on a wire rack set in a shallow baking pan in oven.
- Latkes may be made up to 8 hours ahead. Reheat on a rack set over a baking sheet in a 350°F oven, about 5 minutes.·Grating the potatoes, soaking them briefly in water, and then squeezing out the liquid (as we've done here) keeps the batter from turning brown too quickly.

Nutrition Facts

 PROTEIN 6.7%  FAT 64.51%  CARBS 28.79%

Properties

Glycemic Index:9.23, Glycemic Load:4.97, Inflammation Score:-3, Nutrition Score:3.148695655491%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 104.64kcal (5.23%), Fat: 7.65g (11.77%), Saturated Fat: 3.84g (24.01%), Carbohydrates: 7.68g (2.56%), Net Carbohydrates: 6.74g (2.45%), Sugar: 1.03g (1.15%), Cholesterol: 32.45mg (10.82%), Sodium: 109.43mg (4.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin C: 8.03mg (9.73%), Vitamin B6: 0.13mg (6.59%), Potassium: 188.91mg (5.4%), Vitamin A: 243.89IU (4.88%), Phosphorus: 40.43mg (4.04%), Fiber: 0.94g (3.78%), Vitamin B2: 0.06mg (3.6%), Manganese: 0.07mg (3.4%), Vitamin E: 0.45mg (2.97%), Magnesium: 10.91mg (2.73%), Selenium: 1.88µg (2.68%), Vitamin B1: 0.04mg (2.53%), Folate: 9.87µg (2.47%), Copper: 0.05mg (2.41%), Iron: 0.41mg (2.26%), Vitamin B5: 0.22mg (2.22%), Vitamin K: 2.32µg (2.21%), Vitamin D: 0.32µg (2.16%), Vitamin B3: 0.42mg (2.09%), Calcium: 18.38mg (1.84%), Zinc: 0.21mg (1.41%), Vitamin B12: 0.06µg (1.02%)