

# Potato Latkes

 Vegetarian  Dairy Free

READY IN



60 min.

SERVINGS



32

CALORIES



54 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 large eggs lightly beaten
- 0.5 cup flour all-purpose
- 2 tablespoons juice of lemon fresh
- 1 pound onion
- 2 pounds baking potatoes (baking) ( 4)
- 1 cup vegetable oil

## Equipment

- food processor

- bowl
- frying pan
- paper towels
- oven
- baking pan
- kitchen towels
- spatula
- box grater

## Directions

- Preheat oven to 250°F with rack in upper third.
- Peel potatoes and coarsely grate into a bowl using large teardrop-shaped holes of a box grater or in a food processor fitted with medium shredding disk.
- Add lemon juice and toss to coat.
- Coarsely grate onion into same bowl.
- Transfer to a kitchen towel (not terry cloth), then gather up corners to form a sack and twist tightly to wring out as much liquid as possible.
- Wipe bowl clean, then return potatoes and onion to bowl and stir in flour, eggs, and 1 1/4 teaspoons salt until just combined.
- Heat oil in a 12-inch nonstick skillet over medium-high heat until hot but not smoking. Fill a 1/4-cup measure halfway with latke mixture and carefully spoon it into skillet, then flatten to 3 inches in diameter with a slotted spatula.
- Form 5 more latkes in skillet and fry until undersides are deep golden, 1 1/2 to 3 minutes. (If latkes brown too quickly, reduce heat to medium.) Turn over and fry until deep golden all over, 1 1/2 to 3 minutes more.
- Transfer to paper towels to drain briefly, then transfer to a metal rack set in a baking pan and keep warm in oven. Make more latkes.
- Latkes can be kept warm in oven up to 1 hour.

## Nutrition Facts



■ PROTEIN **11.3%** ■ FAT **30.45%** ■ CARBS **58.25%**

## Properties

Glycemic Index:5.84, Glycemic Load:5.4, Inflammation Score:-1, Nutrition Score:2.3852173893348%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

## Nutrients (% of daily need)

Calories: 54.13kcal (2.71%), Fat: 1.87g (2.87%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 7.37g (2.68%), Sugar: 0.82g (0.91%), Cholesterol: 17.44mg (5.81%), Sodium: 8.69mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin B6: 0.12mg (6.2%), Potassium: 148.44mg (4.24%), Manganese: 0.08mg (3.88%), Vitamin C: 3.03mg (3.67%), Selenium: 2.29µg (3.27%), Folate: 12.63µg (3.16%), Vitamin B1: 0.05mg (3.15%), Phosphorus: 31.17mg (3.12%), Vitamin K: 3.09µg (2.95%), Fiber: 0.67g (2.66%), Vitamin B2: 0.04mg (2.61%), Iron: 0.45mg (2.48%), Magnesium: 8.99mg (2.25%), Vitamin B3: 0.43mg (2.15%), Copper: 0.04mg (2.05%), Vitamin B5: 0.18mg (1.84%), Zinc: 0.18mg (1.21%), Vitamin E: 0.17mg (1.13%)