



Potato Latkes

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 pounds baking potatoes shredded peeled
- 0.3 teaspoon pepper black freshly ground
- 1 large eggs
- 1 large egg whites
- 0.3 cup flour all-purpose
- 1 teaspoon thyme sprigs fresh chopped
- 3 tablespoons olive oil divided
- 1 cup onion fresh grated (2 medium)

1 teaspoon salt

Equipment

bowl

frying pan

knife

sieve

measuring cup

Directions

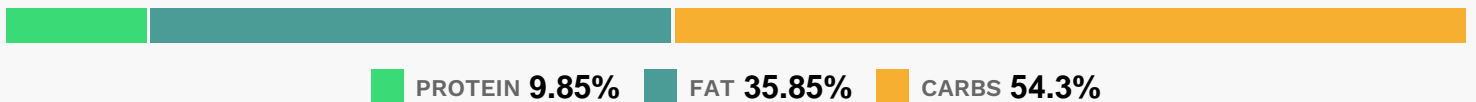
Combine potato and onion; squeeze moisture from potato mixture over a sieve. Lightly spoon the flour into a dry measuring cup; level with a knife.

Combine potato mixture, flour, and next 5 ingredients (through egg white) in a large bowl. Divide mixture into 12 equal portions; squeeze out any remaining liquid. Shape each into a 1/4-inch-thick patty.

Heat 1 1/2 tablespoons oil in a large nonstick skillet over medium heat.

Add 6 patties; cook 5 minutes on each side or until golden. Repeat procedure with remaining oil and patties.

Nutrition Facts



Properties

Glycemic Index:21.98, Glycemic Load:9.78, Inflammation Score:-3, Nutrition Score:3.8160869608755%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 98.21kcal (4.91%), Fat: 3.99g (6.14%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 13.6g (4.53%), Net Carbohydrates: 12.53g (4.56%), Sugar: 0.96g (1.07%), Cholesterol: 15.5mg (5.17%), Sodium: 207.79mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Vitamin B6: 0.22mg (11.03%), Potassium: 270.56mg (7.73%), Manganese: 0.13mg (6.71%), Vitamin C: 4.49mg (5.44%), Vitamin B1: 0.08mg (5%), Phosphorus: 46.77mg (4.68%), Folate: 17.39µg (4.35%), Selenium: 3.01µg (4.3%), Fiber: 1.07g (4.27%), Iron: 0.77mg (4.26%), Magnesium: 16.09mg (4.02%), Vitamin B2: 0.07mg (3.95%), Vitamin B3: 0.77mg (3.83%), Vitamin E: 0.56mg (3.72%), Copper: 0.07mg (3.63%), Vitamin K: 3.27µg (3.11%), Vitamin B5: 0.27mg (2.69%), Zinc: 0.26mg (1.76%), Calcium: 14.37mg (1.44%)