

Potato Latkes



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



12

CALORIES



105 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 servings accompaniments: cream and applesauce 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



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: Og (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%)