



Potato Latkes

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 20 servings accompaniment: cream sour
- ☐ 3 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 medium onion
- ☐ 3 pound russet potatoes (baking) (6)
- ☐ 1 cup vegetable oil for frying

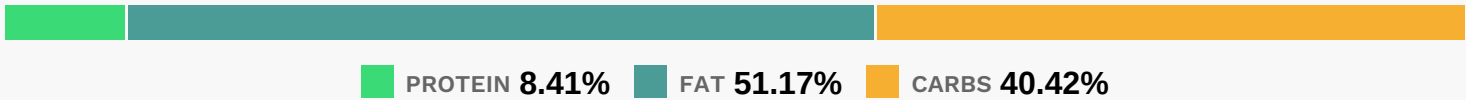
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ colander

Directions

- ☐ Cut onion lengthwise to fit feed tube of a food processor, then grate with medium shredding disk.
- ☐ Transfer to a large bowl (do not clean processor).
- ☐ Peel potatoes and put in a bowl of cold water.
- ☐ Cut potatoes lengthwise to fit feed tube, then grate and add to onions. Toss with lemon juice, then with flour, 2 teaspoons salt, and 1 teaspoon pepper.
- ☐ Add eggs and stir to coat.
- ☐ Transfer to a colander set over a bowl (potatoes will release juices).
- ☐ Preheat oven to 200°F.
- ☐ Heat 1/4 inch oil to 360°F in a 12-inch heavy skillet over medium heat. Using a 1/4-cup measure, scoop 4 or 5 mounds of potato mixture into skillet. Flatten with a fork to form 3 1/2- to 4-inch pancakes. Cook until golden brown, 2 1/2 to 3 minutes per side.
- ☐ Transfer to a paper-towel-lined baking sheet and keep warm in oven while making more latkes.
- ☐ Cooked latkes can be frozen on a baking sheet, then transferred to a sealable bag or container and frozen up to 2 weeks. Reheat in a 450°F oven (about 5 minutes).

Nutrition Facts



Properties

Glycemic Index:9.34, Glycemic Load:10.93, Inflammation Score:-3, Nutrition Score:4.7713043067766%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 144.64kcal (7.23%), Fat: 8.39g (12.91%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 13.88g (5.05%), Sugar: 1.14g (1.27%), Cholesterol: 44.85mg (14.95%), Sodium: 18.37mg (0.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.21%), Vitamin B6: 0.26mg (13.02%), Potassium: 319.1mg (9.12%), Manganese: 0.13mg (6.52%), Phosphorus: 64.86mg (6.49%), Vitamin B2: 0.1mg (5.69%), Vitamin C: 4.57mg (5.54%), Vitamin K: 5.76µg (5.49%), Vitamin B1: 0.08mg (5.39%), Selenium: 3.76µg (5.37%), Vitamin A: 261.82IU (5.24%), Iron: 0.84mg (4.67%), Magnesium: 18.64mg (4.66%), Folate: 18.61µg (4.65%), Vitamin B3: 0.85mg (4.25%), Fiber: 1.04g (4.14%), Copper: 0.08mg (4.12%), Vitamin B5: 0.37mg (3.75%), Vitamin E: 0.41mg (2.7%), Vitamin D: 0.39µg (2.6%), Calcium: 24.55mg (2.46%), Zinc: 0.35mg (2.36%), Vitamin B12: 0.09µg (1.51%)