



Potato Latkes with Caramelized Pears, Goat Cheese, and Sherry Vinegar Drizzle



Vegetarian

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READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

286 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup brown sugar divided
- ☐ 3 eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 8 ounces goat cheese sliced into 1/ rounds
- ☐ 1 tablespoon oil
- ☐ 1 tablespoon onion grated
- ☐ 2 pears cored cut into 1/2-inch slices

- ☐ 2 cups potatoes shredded peeled
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup sherry vinegar

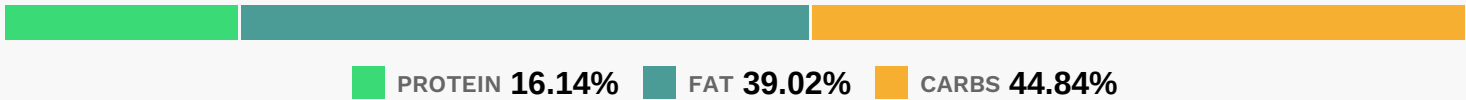
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ cheesecloth

Directions

- ☐ Place shredded potatoes in cheesecloth and wring out any excess moisture.
- ☐ Mix potatoes, eggs, flour, onion, and salt together in a bowl.
- ☐ Heat 1/2 cup oil in a large skillet over medium-high heat until oil shimmers. Working in batches, drop spoonfuls of the potato mixture into the hot oil, pressing each down to form a pancake. Cook latkes until browned and crisp, 3 to 5 minutes per side; transfer to paper towels to drain.
- ☐ Heat 1 tablespoon oil in a separate skillet over medium-high heat. Cook pears in hot oil and sprinkle 2 tablespoons brown sugar over pears. Cook pears until browned and sugar is melted, 3 to 5 minutes per side.
- ☐ Place latkes on a serving platter. Top each latke with 1 round of goat cheese and a pear.
- ☐ Sprinkle brown sugar on the pears and drizzle sherry vinegar over the top.

Nutrition Facts



Properties

Glycemic Index:37.08, Glycemic Load:13.01, Inflammation Score:-5, Nutrition Score:10.460869685463%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 286.09kcal (14.3%), Fat: 12.57g (19.33%), Saturated Fat: 6.41g (40.03%), Carbohydrates: 32.49g (10.83%), Net Carbohydrates: 29.01g (10.55%), Sugar: 15.72g (17.46%), Cholesterol: 99.23mg (33.08%), Sodium: 759.98mg (33.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.38%), Copper: 0.43mg (21.34%), Vitamin C: 16.51mg (20.02%), Phosphorus: 191.69mg (19.17%), Vitamin B6: 0.36mg (18.12%), Vitamin B2: 0.29mg (17.34%), Fiber: 3.48g (13.9%), Selenium: 9.05µg (12.93%), Potassium: 425.02mg (12.14%), Iron: 1.99mg (11.06%), Manganese: 0.21mg (10.53%), Vitamin A: 525.53IU (10.51%), Calcium: 88.3mg (8.83%), Folate: 35.21µg (8.8%), Vitamin B5: 0.86mg (8.56%), Vitamin B1: 0.12mg (7.92%), Magnesium: 30.9mg (7.72%), Zinc: 0.92mg (6.14%), Vitamin K: 6.36µg (6.06%), Vitamin B3: 1.17mg (5.86%), Vitamin E: 0.79mg (5.25%), Vitamin B12: 0.27µg (4.46%), Vitamin D: 0.59µg (3.94%)