



Potato Latkes with Smoked Salmon, Caviar, and Tarragon Crème Fraîche

READY IN



45 min.

SERVINGS



20

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4.5 tablespoons flour
- ☐ 2 ounces caviar
- ☐ 0.8 cup crème fraîche
- ☐ 3 large eggs beaten to blend
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 0.8 teaspoon pepper black
- ☐ 1 medium onion
- ☐ 1.5 teaspoons salt

- ☐ 12 ounces salmon smoked sliced
- ☐ 2 tablespoons vegetable oil ()
- ☐ 3 pounds yukon gold potatoes unpeeled

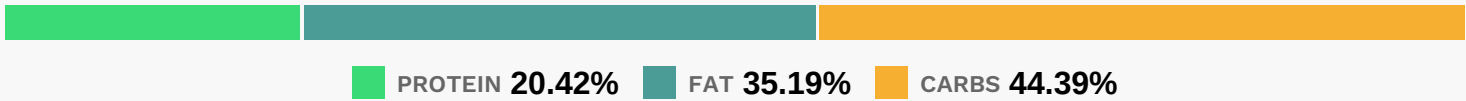
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen towels
- ☐ grater
- ☐ box grater

Directions

- ☐ Preheat oven to 300°F. Using coarse side of box grater or food processor fitted with coarse grater blade, shred potatoes. Working in batches, wrap potatoes in kitchen towel and squeeze out excess liquid.
- ☐ Transfer to large bowl. Repeat process with onion; add to bowl with potatoes.
- ☐ Mix next 4 ingredients into potato mixture.
- ☐ Heat 2 tablespoons oil in large skillet over medium–high heat. Working in batches, drop potato mixture by 1/4 cupfuls into skillet; flatten to 3–inch rounds. Fry latkes until golden brown on bottom, adding more oil by tablespoonfuls as needed, about 4 minutes per side.
- ☐ Transfer latkes to rimmed baking sheet; keep warm in oven.
- ☐ Mix crème fraîche and chopped fresh tarragon in small bowl to blend. Divide smoked salmon among latkes. Top each latke with dollop of tarragon crème fraîche, then caviar.

Nutrition Facts



Properties

Glycemic Index:14.39, Glycemic Load:9.86, Inflammation Score:-3, Nutrition Score:8.4947825722072%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 129.16kcal (6.46%), Fat: 5.1g (7.85%), Saturated Fat: 1.62g (10.1%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 12.8g (4.65%), Sugar: 1.09g (1.21%), Cholesterol: 53.57mg (17.86%), Sodium: 368.18mg (16.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.32%), Vitamin D: 3.14µg (20.94%), Vitamin B12: 1.21µg (20.11%), Vitamin C: 14.06mg (17.05%), Selenium: 10.81µg (15.45%), Vitamin B6: 0.29mg (14.47%), Potassium: 363.91mg (10.4%), Phosphorus: 102.81mg (10.28%), Manganese: 0.17mg (8.4%), Vitamin B3: 1.68mg (8.38%), Magnesium: 31.25mg (7.81%), Iron: 1.36mg (7.57%), Vitamin B2: 0.12mg (7.06%), Fiber: 1.68g (6.72%), Copper: 0.13mg (6.54%), Vitamin B5: 0.61mg (6.08%), Vitamin B1: 0.09mg (5.68%), Folate: 21.79µg (5.45%), Vitamin K: 4.13µg (3.93%), Calcium: 36.69mg (3.67%), Vitamin E: 0.52mg (3.44%), Vitamin A: 151.27IU (3.03%), Zinc: 0.44mg (2.92%)