



Potato Latkes with Watercress, Smoked Salmon, and Avocado Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



297 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon all purpose flour
- ☐ 1 large avocado diced pitted peeled
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.3 teaspoons coarse kosher salt
- ☐ 0.3 teaspoon mustard dry
- ☐ 1 large eggs

- ☐ 6 tablespoons olive oil
- ☐ 2 cups onions divided finely chopped
- ☐ 2 pounds russet potatoes peeled cut into 1-inch pieces
- ☐ 2 tablespoons sherry wine vinegar
- ☐ 4 ounces salmon smoked thinly sliced cut into strips
- ☐ 8 cups watercress thick trimmed
- ☐ 8 servings vegetable oil for frying

Equipment

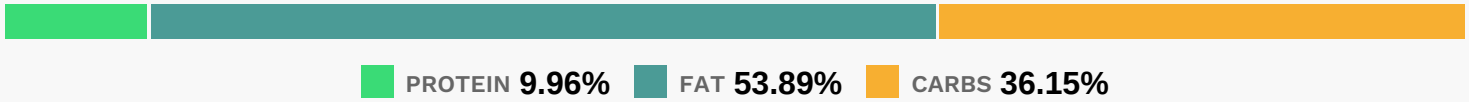
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ kitchen towels
- ☐ spatula
- ☐ colander

Directions

- ☐ Line colander with kitchen towel. Stir 1 1/2 cups onions, egg, salt, and pepper in large bowl.
- ☐ Place remaining 1/2 cup onions in processor; add potatoes. Blend until potatoes are very finely chopped and some of mixture is pureed; transfer to prepared colander. Wrap towel around potatoes, squeezing out as much liquid as possible.
- ☐ Scrape into bowl with egg mixture. Stir in all purpose flour and baking powder.
- ☐ Heat 4 tablespoons vegetable oil in heavy large skillet over medium-high heat. Drop potato mixture by scant 1/4 cupfuls into skillet; flatten each latke to 2 1/2-inch round with metal spatula. Reduce heat to medium. Cook until golden, about 4 minutes per side.
- ☐ Transfer to large rimmed baking sheet. Repeat, adding more oil to skillet as needed. DO AHEAD: Latkes can be made 2 hours ahead.
- ☐ Let stand at room temperature.

- ☐ Preheat oven to 425°F.
- ☐ Bake latkes until crisp and deep brown, about 6 minutes per side.
- ☐ Whisk oil, vinegar, and dry mustard in small bowl to blend. Season with salt and pepper.
- ☐ Combine watercress, avocado, and salmon in large bowl. Toss with enough dressing to coat.
- ☐ Arrange 2 latkes on each plate. Mound salad alongside.
- ☐ Bubbles. Louis Bouillot "Perle d'Aurore" Crémant de Bourgogne Rosé (France, \$1
- ☐ will taste great with the latkes and everything in the salad.
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Nutrition Facts



Properties

Glycemic Index:47.84, Glycemic Load:17.86, Inflammation Score:-8, Nutrition Score:18.295651995617%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 8.09mg, Kaempferol: 8.09mg, Kaempferol: 8.09mg, Kaempferol: 8.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 18.32mg, Quercetin: 18.32mg, Quercetin: 18.32mg, Quercetin: 18.32mg

Nutrients (% of daily need)

Calories: 297.48kcal (14.87%), Fat: 18.4g (28.31%), Saturated Fat: 2.8g (17.48%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 23.72g (8.62%), Sugar: 2.66g (2.96%), Cholesterol: 26.51mg (8.84%), Sodium: 559.88mg (24.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.3%), Vitamin K: 104.09µg (99.13%), Vitamin C: 26.58mg (32.22%), Vitamin B6: 0.6mg (29.93%), Vitamin A: 1170IU (23.4%), Potassium: 802.79mg (22.94%), Vitamin E: 2.88mg (19.21%), Manganese: 0.37mg (18.55%), Vitamin D: 2.55µg (16.99%), Fiber: 4.06g (16.23%), Phosphorus: 155.94mg (15.59%), Folate: 51.94µg (12.98%), Copper: 0.25mg (12.34%), Vitamin B3: 2.46mg (12.29%), Magnesium: 48.65mg (12.16%), Vitamin B1: 0.17mg (11.5%), Selenium: 8.02µg (11.46%), Vitamin B5: 1.07mg (10.7%), Calcium: 103.33mg (10.33%), Vitamin B2: 0.17mg (9.97%), Iron: 1.68mg (9.36%), Vitamin B12: 0.52µg (8.63%), Zinc:

0.73mg (4.89%)