



Potato Parsnip Latkes

 Vegetarian

READY IN



35 min.

SERVINGS



16

CALORIES



111 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 16 servings cup heavy whipping cream sour
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons chives fresh finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 medium parsnips grated peeled (1 lb total)
- ☐ 8 oz baking potatoes (baking)

- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup vegetable oil

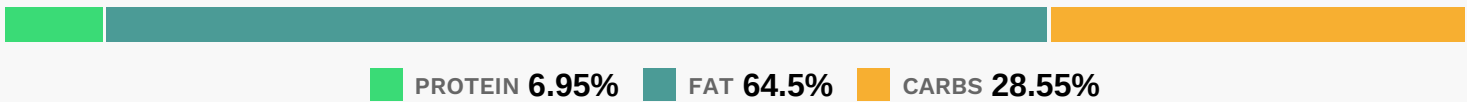
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Preheat oven to 250°F.
- ☐ Peel potato and coarsely grate into a bowl.
- ☐ Add lemon juice and toss to combine.
- ☐ Place potato on towel, then gather up corners to form a sack and twist tightly to wring out as much liquid as possible. Stir potato together with parsnips, flour, eggs, chives, salt, and pepper until combined well.
- ☐ Heat oil in a 12-inch nonstick skillet over moderate heat until hot but not smoking. Fill a 1/4-cup measure three-fourths full with latke mixture and carefully spoon it into skillet, then flatten to 3 inches in diameter with a slotted spatula. Form 3 more latkes in skillet, then cook until golden, about 1 1/2 minutes on each side.
- ☐ Transfer latkes with spatula to paper towels to drain. Keep warm on a rack set in a shallow baking pan in oven. Make more latkes in same manner, in batches of 4, with remaining mixture.

Nutrition Facts



Properties

Glycemic Index:18.05, Glycemic Load:4.42, Inflammation Score:-3, Nutrition Score:3.9639130364294%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 111.3kcal (5.56%), Fat: 8.15g (12.54%), Saturated Fat: 3.98g (24.85%), Carbohydrates: 8.12g (2.71%), Net Carbohydrates: 6.91g (2.51%), Sugar: 1.52g (1.69%), Cholesterol: 40.2mg (13.4%), Sodium: 124.65mg (5.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.95%), Vitamin K: 10.13µg (9.64%), Manganese: 0.15mg (7.62%), Vitamin C: 4.88mg (5.92%), Folate: 22.86µg (5.72%), Vitamin A: 279.1IU (5.58%), Selenium: 3.44µg (4.92%), Fiber: 1.21g (4.84%), Vitamin B2: 0.08mg (4.8%), Potassium: 159.8mg (4.57%), Phosphorus: 45.19mg (4.52%), Vitamin E: 0.67mg (4.43%), Vitamin B6: 0.08mg (4.22%), Vitamin B1: 0.05mg (3.37%), Vitamin B5: 0.31mg (3.05%), Magnesium: 11.46mg (2.86%), Iron: 0.47mg (2.59%), Vitamin D: 0.37µg (2.43%), Copper: 0.05mg (2.42%), Calcium: 23.29mg (2.33%), Vitamin B3: 0.42mg (2.08%), Zinc: 0.29mg (1.93%), Vitamin B12: 0.08µg (1.33%)