



WHATSheATE



Potato-Parsnip Latkes with Savory Applesauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



619 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings apple sauce
- ☐ 1 pinch pepper black freshly ground
- ☐ 1 cup crème fraîche
- ☐ 2 large egg whites
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 pound parsnips peeled
- ☐ 1.5 pounds baking potatoes peeled
- ☐ 1 teaspoon salt

☐ 1.3 cups butter unsalted ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ spatula
- ☐ measuring cup
- ☐ cheesecloth
- ☐ box grater

Directions

- ☐ In small, heavy saucepan over moderate heat, bring butter to boil. Boil, uncovered, until layer of foam forms on top, then reduce heat to very low. Continue to cook, stirring occasionally, until thin crust begins to form on surface and milky white solids fall to bottom of pan, about 8 minutes. Strain through sieve lined with triple layer of cheesecloth into heatproof liquid measuring cup. Set aside.
- ☐ Using medium holes of box grater, grate potatoes and parsnips into large bowl. Stir in egg whites, chives, salt, and pepper.
- ☐ In large nonstick sauté pan over low heat, heat 1/2 of clarified butter until hot but not smoking. Drop 3 (1/4-cup) portions of potato mixture into pan and flatten with spatula to form 3 1/2-inch pancakes. Fry until golden-brown, turning once, about 5 minutes per side.
- ☐ Drain on paper towels and keep warm in oven.
- ☐ Add more butter as necessary and cook remaining pancakes in same manner.
- ☐ Serve pancakes warm with crème fraîche and savory applesauce.

Nutrition Facts



 **PROTEIN 3.82%**  **FAT 65.05%**  **CARBS 31.13%**

Properties

Glycemic Index:35.63, Glycemic Load:21.27, Inflammation Score:-8, Nutrition Score:15.725652176401%

Flavonoids

Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 618.57kcal (30.93%), Fat: 46.26g (71.17%), Saturated Fat: 28.24g (176.52%), Carbohydrates: 49.81g (16.6%), Net Carbohydrates: 43.27g (15.73%), Sugar: 17.22g (19.13%), Cholesterol: 124.29mg (41.43%), Sodium: 438.63mg (19.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.22%), Manganese: 0.65mg (32.3%), Vitamin A: 1500.77IU (30.02%), Potassium: 927.1mg (26.49%), Fiber: 6.55g (26.2%), Vitamin C: 21.46mg (26.01%), Vitamin B6: 0.51mg (25.57%), Vitamin K: 25.7µg (24.48%), Folate: 75.4µg (18.85%), Vitamin E: 2.58mg (17.19%), Phosphorus: 164.88mg (16.49%), Magnesium: 58.11mg (14.53%), Vitamin B2: 0.24mg (14.22%), Vitamin B1: 0.2mg (13.6%), Copper: 0.26mg (12.98%), Vitamin B5: 1.05mg (10.5%), Calcium: 98.91mg (9.89%), Iron: 1.77mg (9.82%), Vitamin B3: 1.88mg (9.4%), Selenium: 6.28µg (8.97%), Zinc: 0.99mg (6.6%), Vitamin D: 0.71µg (4.73%), Vitamin B12: 0.17µg (2.85%)