



## Potato-Scallion Latkes



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



142 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1.5 pounds baking potato shredded peeled
- ☐ 2 large egg whites
- ☐ 2 teaspoons flour all-purpose
- ☐ 0.5 cup green onions finely chopped
- ☐ 2 tablespoons olive oil divided
- ☐ 0.8 teaspoon salt

## Equipment

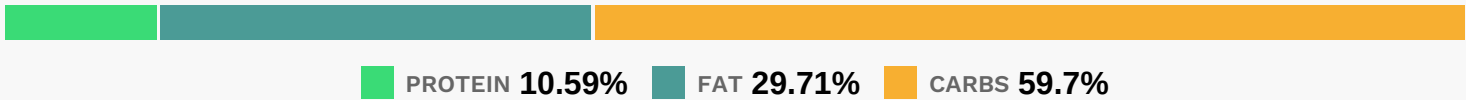
- ☐ bowl

- ☐ frying pan
- ☐ sieve

## Directions

- ☐ Combine potato and onions; squeeze moisture from potato mixture over a sieve.
- ☐ Combine potato mixture, flour, salt, and egg whites in a large bowl. Divide mixture into 12 equal portions, and squeeze out any remaining liquid. Discard liquid. Shape each portion into a 1/4-inch-thick patty.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium heat.
- ☐ Add 6 patties to pan; cook 5 minutes on each side or until golden. Repeat procedure with remaining 1 tablespoon oil and 6 patties.

## Nutrition Facts



## Properties

Glycemic Index:31.96, Glycemic Load:16.61, Inflammation Score:-3, Nutrition Score:6.6439130636661%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 141.65kcal (7.08%), Fat: 4.8g (7.38%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 19.98g (7.27%), Sugar: 0.98g (1.09%), Cholesterol: 0mg (0%), Sodium: 316.05mg (13.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Vitamin K: 22.1µg (21.05%), Vitamin B6: 0.4mg (19.86%), Potassium: 514.62mg (14.7%), Manganese: 0.2mg (9.89%), Vitamin C: 8.03mg (9.73%), Magnesium: 29.11mg (7.28%), Vitamin B1: 0.1mg (6.88%), Fiber: 1.71g (6.84%), Phosphorus: 67.82mg (6.78%), Iron: 1.17mg (6.48%), Copper: 0.13mg (6.37%), Vitamin B3: 1.27mg (6.34%), Folate: 22.87µg (5.72%), Vitamin B2: 0.1mg (5.63%), Vitamin E: 0.73mg (4.86%), Selenium: 2.93µg (4.19%), Vitamin B5: 0.37mg (3.71%), Zinc: 0.37mg (2.47%), Calcium: 21.84mg (2.18%), Vitamin A: 84.22IU (1.68%)