



Quick Potato and Carrot Latkes

READY IN



27 min.

SERVINGS



6

CALORIES



276 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups chunky apple sauce
- 1 teaspoon double-acting baking powder
- 1 large carrots peeled
- 1 cinnamon sticks
- 2 eggs beaten
- 3 tablespoons matzo meal all-purpose
- 1 medium onion peeled
- 24 ounce potatoes shredded for hash browns
- 2 teaspoons salt

- 1 cup cup heavy whipping cream sour
- 6 servings vegetable oil for frying

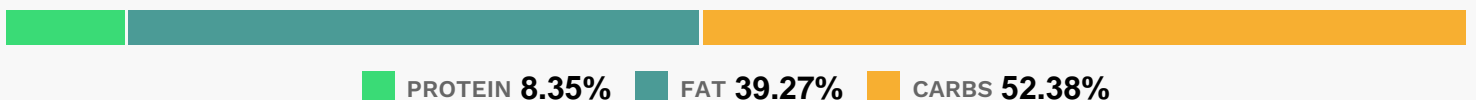
Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- wooden spoon
- spatula
- grater

Directions

- Watch how to make this recipe.
- Heat 1/2-inch oil in a large skillet over medium to medium high heat. To test oil, add a piece of bread to the pan. It should turn golden brown in a ten-count. Adjust heat, as necessary.
- Place potatoes in a large bowl. Using a hand grater, grate the carrot and onion into the bowl.
- Add eggs to the bowl.
- Add salt and baking powder, then sprinkle in meal or flour.
- Combine vegetables and meal with a wooden spoon.
- Drop mixture into oil in 3-inch mounds, press down gently with spatula to form patties. Fry in batches of 4 to 6 patties depending on the size of your skillet, 1-inch apart, until golden, about 3 minutes on each side. Put chunky applesauce and the cinnamon stick in a saucepan over medium heat and warm for 3 to 4 minutes.
- Drain latkes on paper towels or parchment lined tray.
- Serve with warm applesauce and sour cream.

Nutrition Facts



Properties

Glycemic Index:46.14, Glycemic Load:8.74, Inflammation Score:-9, Nutrition Score:11.188695700272%

Flavonoids

Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epicatechin: 4.4mg, Epicatechin: 4.4mg, Epicatechin: 4.4mg, Epicatechin: 4.4mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg, Quercetin: 5.37mg

Nutrients (% of daily need)

Calories: 276.47kcal (13.82%), Fat: 12.51g (19.24%), Saturated Fat: 4.97g (31.05%), Carbohydrates: 37.54g (12.51%), Net Carbohydrates: 34g (12.36%), Sugar: 10.37g (11.52%), Cholesterol: 77.18mg (25.73%), Sodium: 914.26mg (39.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.96%), Vitamin A: 2348.41IU (46.97%), Manganese: 0.36mg (18.23%), Vitamin C: 12.54mg (15.2%), Potassium: 523.51mg (14.96%), Phosphorus: 144.08mg (14.41%), Fiber: 3.54g (14.17%), Vitamin B1: 0.19mg (12.71%), Vitamin B2: 0.2mg (11.9%), Vitamin B3: 2.37mg (11.85%), Calcium: 115.76mg (11.58%), Selenium: 7.9µg (11.29%), Iron: 1.96mg (10.89%), Vitamin B6: 0.2mg (10.12%), Copper: 0.17mg (8.61%), Vitamin B5: 0.83mg (8.27%), Vitamin K: 8.03µg (7.64%), Folate: 28.83µg (7.21%), Magnesium: 25.16mg (6.29%), Vitamin E: 0.76mg (5.05%), Zinc: 0.68mg (4.51%), Vitamin B12: 0.21µg (3.52%), Vitamin D: 0.29µg (1.96%)