



Ron's Parsnip Latke Brulee



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



139 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons chives fresh finely chopped
- ☐ 10 servings granulated sugar for sprinkling
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 medium parsnips 1 pound total
- ☐ 8 ounces baking potatoes baking

- ☐ 0.8 teaspoon salt
- ☐ 10 servings vegetable oil for frying

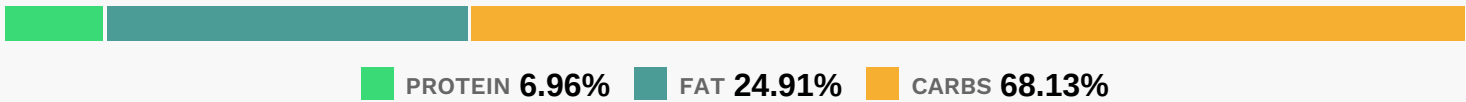
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler

Directions

- ☐ Peel the potato and coarsely grate into a bowl.
- ☐ Add the lemon juice and toss to combine. Peel the parsnips and coarsely grate into another bowl.
- ☐ Place the grated potato on towel, and then gather up the corners to form a sack and twist tightly to wring out as much liquid as possible. Stir the potato together with the parsnips, flour, chives, salt, pepper and eggs until combined well. Fry in 1/2 cup vegetable oil in a medium skillet on medium heat, in two batches, about 2 minutes on each side.
- ☐ Before serving, sprinkle with granulated sugar and torch, or place under the broiler to caramelize.

Nutrition Facts



Properties

Glycemic Index:35.88, Glycemic Load:15.45, Inflammation Score:-2, Nutrition Score:5.3252173610356%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 138.52kcal (6.93%), Fat: 3.94g (6.07%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 24.26g (8.09%), Net Carbohydrates: 22.32g (8.12%), Sugar: 13.7g (15.23%), Cholesterol: 37.2mg (12.4%), Sodium: 193.08mg (8.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin K: 14.57µg (13.88%), Manganese: 0.24mg (12.21%), Vitamin C: 7.67mg (9.29%), Folate: 35.62µg (8.9%), Fiber: 1.94g (7.75%), Selenium: 4.86µg (6.95%), Potassium: 233.12mg (6.66%), Vitamin B6: 0.13mg (6.33%), Phosphorus: 58.38mg (5.84%), Vitamin E: 0.8mg (5.36%), Vitamin B2: 0.09mg (5.16%), Vitamin B1: 0.08mg (5.08%), Vitamin B5: 0.43mg (4.27%), Magnesium: 16.65mg (4.16%), Iron: 0.73mg (4.04%), Copper: 0.08mg (3.78%), Vitamin B3: 0.65mg (3.26%), Zinc: 0.41mg (2.72%), Calcium: 21.54mg (2.15%), Vitamin A: 93.77IU (1.88%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.2µg (1.33%)