



Root Vegetable Latkes



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



207 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 cups baking potato shredded peeled (1 large)
- ☐ 0.5 teaspoon pepper black
- ☐ 2 large egg whites
- ☐ 0.3 cup flour all-purpose
- ☐ 1.3 cups onion chopped
- ☐ 1.3 cups parsnips shredded
- ☐ 1 teaspoon salt
- ☐ 1.3 cups sweet potatoes and into shredded peeled

☐ 2 tablespoons vegetable oil divided

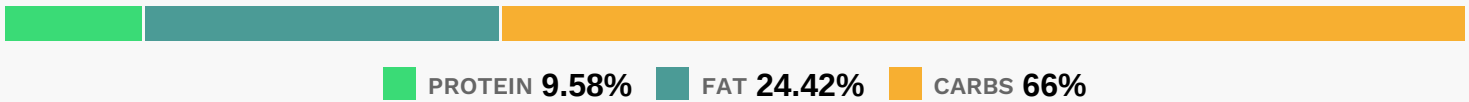
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ colander

Directions

- ☐ Combine first 4 ingredients in a colander lined with paper towels; let stand 20 minutes.
- ☐ Drain and squeeze excess moisture from potato mixture.
- ☐ Transfer potato mixture to large bowl; add onion, flour, and pepper. Toss well; stir in egg whites.
- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Spoon 1/3 cup batter for each of 5 latkes into pan; cook 4 minutes on each side or until browned. Repeat procedure with 1 tablespoon oil and remaining batter.

Nutrition Facts



Properties

Glycemic Index:65.75, Glycemic Load:20.52, Inflammation Score:-10, Nutrition Score:14.238260941013%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

Nutrients (% of daily need)

Calories: 206.99kcal (10.35%), Fat: 5.75g (8.84%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 34.95g (11.65%), Net Carbohydrates: 30.45g (11.07%), Sugar: 5.26g (5.84%), Cholesterol: 0mg (0%), Sodium: 514.14mg (22.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin A: 4719.82IU (94.4%), Manganese:

0.51mg (25.61%), Vitamin B6: 0.41mg (20.51%), Vitamin K: 19.94µg (18.99%), Potassium: 638.85mg (18.25%), Fiber: 4.5g (18%), Vitamin C: 13.69mg (16.59%), Folate: 56.03µg (14.01%), Vitamin B1: 0.19mg (12.37%), Magnesium: 42.39mg (10.6%), Phosphorus: 101.13mg (10.11%), Copper: 0.2mg (9.9%), Vitamin B2: 0.16mg (9.51%), Selenium: 6.07µg (8.67%), Vitamin B3: 1.63mg (8.13%), Iron: 1.45mg (8.07%), Vitamin B5: 0.8mg (7.96%), Vitamin E: 1.05mg (6.99%), Calcium: 43.93mg (4.39%), Zinc: 0.63mg (4.22%)