

# Russian Walnut-Cherry Latkes with Cherry-Apple Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 5 tablespoons flour
- 16 servings apple sauce
- 0.3 cup cherries dried
- 2 tablespoons cream cheese room temperature
- 4 large eggs separated
- 7.5 ounce fromage frais drained
- 2 tablespoons brown sugar packed ()

- 0.3 teaspoon salt
- 3 tablespoons butter unsalted ()
- 1 teaspoon vanilla extract
- 3 tablespoons vegetable oil ()
- 0.3 cup walnuts lightly toasted finely chopped

## Equipment

- bowl
- frying pan
- hand mixer
- spatula

## Directions

- Place cherries in small bowl with enough hot water to cover; soak until plumped, about 10 minutes.
- Drain. Set aside.
- Blend both cheeses, egg yolks, and vanilla extract in processor just until smooth, about 30 seconds.
- Add flour, sugar, and salt and mix in, using on/off turns, just until blended.
- Transfer batter to large bowl.
- Mix in reserved cherries and chopped walnuts.
- Using electric mixer, beat egg whites in large bowl until stiff but not dry. Gently fold whites into batter in 3 additions.
- Melt 1 tablespoon butter with 1 tablespoon oil in heavy large nonstick skillet over medium heat until hot but not smoking. Working in batches, drop batter by heaping tablespoonfuls into skillet and spread to 2 1/2-inch rounds. Cook until bottoms are golden, about 1 1/2 minutes per side. Using slotted spatula, transfer latkes to plates.
- Add more butter and oil as necessary and allow to get hot before adding more batter.
- Serve immediately with Cherry-Apple Sauce.

## Nutrition Facts

PROTEIN 9.99% FAT 48.53% CARBS 41.48%

## Properties

Glycemic Index:9, Glycemic Load:1.42, Inflammation Score:-2, Nutrition Score:3.7378260622854%

## Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg, Epicatechin: 6.71mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

## Nutrients (% of daily need)

Calories: 166.75kcal (8.34%), Fat: 9.33g (14.36%), Saturated Fat: 3.32g (20.77%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 16.33g (5.94%), Sugar: 13.4g (14.89%), Cholesterol: 58.36mg (19.45%), Sodium: 116.2mg (5.05%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 4.32g (8.64%), Selenium: 5.32µg (7.6%), Manganese: 0.14mg (6.83%), Vitamin B2: 0.12mg (6.76%), Fiber: 1.61g (6.46%), Vitamin K: 5.68µg (5.41%), Phosphorus: 44.91mg (4.49%), Copper: 0.09mg (4.35%), Vitamin B1: 0.06mg (4.31%), Vitamin E: 0.63mg (4.21%), Folate: 16.56µg (4.14%), Vitamin A: 194.69IU (3.89%), Iron: 0.7mg (3.89%), Potassium: 130.97mg (3.74%), Vitamin B6: 0.07mg (3.56%), Vitamin B5: 0.29mg (2.85%), Magnesium: 10.15mg (2.54%), Zinc: 0.3mg (2.02%), Vitamin B12: 0.12µg (2%), Vitamin D: 0.29µg (1.93%), Calcium: 18.58mg (1.86%), Vitamin C: 1.4mg (1.7%), Vitamin B3: 0.29mg (1.43%)