



Simple Potato Latkes



Vegetarian



Dairy Free

READY IN



34 min.

SERVINGS



10

CALORIES



288 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 servings apple sauce
- ☐ 2.3 pounds baking potatoes
- ☐ 2 large eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 large onion quartered
- ☐ 1 teaspoon pepper
- ☐ 2 teaspoons salt
- ☐ 10 servings vegetable oil

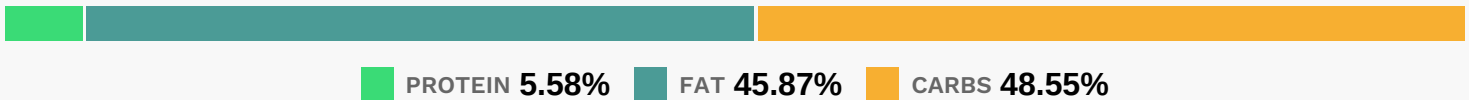
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Scrub baking potatoes; do not peel. Shred potatoes and onion in a food processor; drain, pressing between paper towels.
- ☐ Place potatoes and onion in a large bowl; stir in eggs and next 3 ingredients until combined.
- ☐ Pour oil to a depth of 1/2 inch in a large heavy skillet over medium-high heat; heat oil to 35
- ☐ Squeeze about 1/4 cup potato mixture firmly in hand to remove excess liquid; carefully drop into hot oil. Fry, in batches, 3 to 4 minutes on each side or until golden.
- ☐ Drain on paper towels.
- ☐ Place drained latkes on a wire rack on an aluminum foil-lined baking sheet. Keep warm in a 200 oven up to 30 minutes.
- ☐ Serve with applesauce.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:16.56, Inflammation Score:-3, Nutrition Score:8.6360869407654%

Flavonoids

Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Nutrients (% of daily need)

Calories: 287.8kcal (14.39%), Fat: 15.21g (23.4%), Saturated Fat: 2.5g (15.61%), Carbohydrates: 36.21g (12.07%), Net Carbohydrates: 33.15g (12.06%), Sugar: 12.77g (14.19%), Cholesterol: 37.2mg (12.4%), Sodium: 487.54mg (21.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin K: 28.62µg (27.26%), Vitamin B6: 0.42mg (21.1%), Potassium: 557.66mg (15.93%), Manganese: 0.26mg (13.04%), Fiber: 3.06g (12.23%), Vitamin B1: 0.15mg (10.07%), Vitamin C: 8.15mg (9.88%), Vitamin E: 1.46mg (9.75%), Phosphorus: 90.07mg (9.01%), Iron: 1.54mg (8.53%), Vitamin B2: 0.14mg (7.99%), Copper: 0.16mg (7.93%), Folate: 31.25µg (7.81%), Magnesium: 30.87mg (7.72%), Selenium: 4.99µg (7.13%), Vitamin B3: 1.37mg (6.85%), Vitamin B5: 0.55mg (5.45%), Zinc: 0.51mg (3.42%), Calcium: 28.84mg (2.88%), Vitamin A: 91.79IU (1.84%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.2µg (1.33%)