



# Spaghetti Squash Latke With Feta, Sumac And Citrus Recipe

 Vegetarian

READY IN



85 min.

SERVINGS



6

CALORIES



423 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 6 servings coarse salt
- 3 large eggs lightly beaten
- 1 tablespoon olive oil extra virgin
- 0.3 cup flour all-purpose
- 2 cups feta cheese
- 2 cups grapeseed oil
- 1 teaspoon ground coriander

- 1 teaspoon ground cumin
- 1 teaspoon harissa
- 2 small jalapeno minced seeded
- 2 tablespoons olives black
- 3 tablespoons parsley chopped
- 2 cups potatoes grated peeled
- 3 shallots minced
- 4 cups spaghetti squash dry
- 2 tablespoons sumac powder

## Equipment

- bowl
- frying pan
- oven

## Directions

- In a large skillet, heat oil over medium-high.
- Add shallots, jalapenos and harissa, cook, stirring, until softened, 7 minutes. Stir in cumin and coriander and cook until fragrant, 1 minute. Season with salt and pepper, let cool slightly, 5 minutes.
- Transfer to a large bowl and stir in squash, potato, eggs and flour. Wipe out skillet, then add grapeseed oil until the pan is filled to 1/4-inch high; heat over medium. In batches, add batter in 1/4 cup to skillet and cook until pancakes are golden brown, 6 to 8 minutes, flipping halfway through.
- Transfer pancakes to oven to keep warm; repeat with remaining batter. Top with whipped feta, a sprinkle of olive, citrus segments, sumac and parsley. Try out these latke recipes on Food Republic: [Classic Latkes Recipe](#)
- [Olive Relish And Deviled Eggs Latkes Recipe](#)
- [Norma's Magic Mushroom Latkes Recipe](#)

## Nutrition Facts



■ PROTEIN 12.16% ■ FAT 64.82% ■ CARBS 23.02%

## Properties

Glycemic Index:56.46, Glycemic Load:12.94, Inflammation Score:-7, Nutrition Score:18.499565248904%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

## Nutrients (% of daily need)

Calories: 422.98kcal (21.15%), Fat: 30.97g (47.65%), Saturated Fat: 9.3g (58.15%), Carbohydrates: 24.75g (8.25%), Net Carbohydrates: 21.48g (7.81%), Sugar: 3.3g (3.66%), Cholesterol: 137.5mg (45.83%), Sodium: 867.97mg (37.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.07g (26.14%), Vitamin K: 38.02µg (36.21%), Vitamin B2: 0.6mg (35.5%), Vitamin E: 5.26mg (35.08%), Calcium: 295.79mg (29.58%), Vitamin C: 24.22mg (29.35%), Vitamin B6: 0.58mg (28.98%), Phosphorus: 282.7mg (28.27%), Selenium: 17.6µg (25.15%), Vitamin B12: 1.07µg (17.79%), Folate: 62.96µg (15.74%), Zinc: 2.21mg (14.7%), Vitamin B1: 0.22mg (14.46%), Manganese: 0.29mg (14.28%), Potassium: 496.26mg (14.18%), Vitamin B5: 1.33mg (13.28%), Fiber: 3.28g (13.11%), Vitamin A: 644.43IU (12.89%), Iron: 2.29mg (12.74%), Vitamin B3: 2.17mg (10.83%), Magnesium: 42.53mg (10.63%), Copper: 0.16mg (8.07%), Vitamin D: 0.7µg (4.67%)