



Spanolatkes



Vegetarian

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READY IN

ready

60 min.

SERVINGS

servings

12

CALORIES

calories

105 kcal

SIDE DISH

Ingredients

- ☐ 3 large eggs
- ☐ 1 cup feta cheese crumbled
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 12 servings kosher salt
- ☐ 2 leeks white thinly sliced
- ☐ 12 servings pepper freshly ground
- ☐ 1 pound russet potatoes

- ☐ 0.5 cup scallions thinly sliced
- ☐ 4 cups pkt spinach chopped
- ☐ 3 tablespoons vegetable oil for frying plus more

Equipment

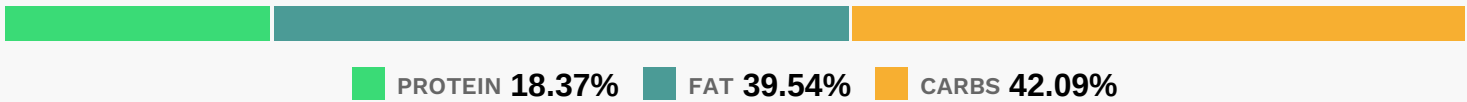
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ kitchen thermometer
- ☐ kitchen towels
- ☐ spatula
- ☐ colander
- ☐ box grater

Directions

- ☐ Heat 1 1/2 tablespoons vegetable oil in a skillet over medium heat.
- ☐ Add the spinach and cook until wilted, 1 to 2 minutes.
- ☐ Transfer to a colander set in a large bowl; refrigerate until cold, about 15 minutes. Squeeze out any excess moisture; set the spinach aside.
- ☐ Meanwhile, heat the remaining 1 1/2 tablespoons vegetable oil in a skillet over medium-low heat.
- ☐ Add the leeks, sprinkle with 1/2 teaspoon salt and cook until soft, about 10 minutes.
- ☐ Add the scallions and cook 3 to 4 more minutes.
- ☐ Let cool.
- ☐ Peel the potatoes and grate on the large holes of a box grater.
- ☐ Transfer to a clean kitchen towel, gather into a pouch and twist closed, then squeeze over the sink to remove as much liquid as possible.
- ☐ Transfer to a large bowl; add the leek–scallion mixture, spinach, eggs, flour, dill, feta, 1 teaspoon salt and 1/4 teaspoon pepper and mix with your hands until combined.

- ☐
- Heat 1/2 inch vegetable oil in a large skillet over medium-high heat until a deep-fry thermometer registers 350 degrees F. Working in batches, scoop about 2 tablespoons of the potato mixture into the pan for each latke and flatten with a spatula; fry until golden brown and cooked through, 1 to 2 minutes per side.
- ☐
- Drain on paper towels. (Return the oil to 350 degrees F between batches.)
- ☐
- Serve with tzatziki.
- ☐
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:27.48, Glycemic Load:6.91, Inflammation Score:-7, Nutrition Score:10.643912947696%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 104.78kcal (5.24%), Fat: 4.7g (7.24%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 10.1g (3.67%), Sugar: 1g (1.11%), Cholesterol: 57.63mg (19.21%), Sodium: 368.11mg (16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.83%), Vitamin K: 66.26µg (63.1%), Vitamin A: 1423.26IU (28.47%), Manganese: 0.27mg (13.41%), Vitamin B6: 0.26mg (13.2%), Folate: 50.5µg (12.63%), Vitamin B2: 0.21mg (12.41%), Phosphorus: 101.45mg (10.15%), Vitamin C: 8.36mg (10.13%), Calcium: 97.98mg (9.8%), Selenium: 6.57µg (9.38%), Potassium: 286.56mg (8.19%), Iron: 1.4mg (7.8%), Magnesium: 26.45mg (6.61%), Vitamin B1: 0.08mg (5.65%), Vitamin B12: 0.32µg (5.38%), Zinc: 0.74mg (4.92%), Vitamin B5: 0.47mg (4.67%), Fiber: 1.17g (4.67%), Copper: 0.09mg (4.55%), Vitamin E: 0.58mg (3.85%), Vitamin B3: 0.77mg (3.84%), Vitamin D: 0.3µg (2%)