



## Sweet Potato-Apple Latkes

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 servings canola oil for frying
- 2 eggs lightly beaten
- 2 tablespoons flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 cup onion finely chopped
- 1 pinch pepper freshly ground
- 1 teaspoon salt
- 2 medium sweet potatoes and into peeled

- 2 small baking apples are apples that have a sweet-tart balance and hold their shape when peeled

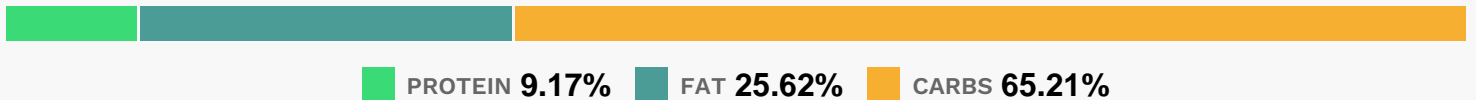
## Equipment

- bowl
- frying pan
- paper towels
- box grater

## Directions

- In large bowl, shred sweet potatoes and apples (in this order to keep apples from oxidizing) by rubbing them across the large holes of a hand or box grater; lightly blot excess moisture with paper towel. Stir in all remaining ingredients except oil until blended.
- In large skillet, heat 1/4-inch oil over medium-high heat 2 to 3 minutes or until hot (exact oil amount needed will vary depending on the size of your skillet). Drop batter by tablespoonfuls into hot oil, flattening batter to form 2- to 3-inch pancakes. Fry 4 to 5 minutes on each side or until golden brown and edges are bubbly.
- Drain on paper towels placed on a plate; serve hot.

## Nutrition Facts



## Properties

Glycemic Index:38.17, Glycemic Load:10.82, Inflammation Score:-10, Nutrition Score:10.649565271709%

## Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

## Nutrients (% of daily need)

Calories: 148.97kcal (7.45%), Fat: 4.35g (6.7%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 24.93g (8.31%), Net Carbohydrates: 21.11g (7.68%), Sugar: 8.67g (9.63%), Cholesterol: 54.56mg (18.19%), Sodium: 450.69mg (19.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.01%), Vitamin A: 10794.77IU (215.9%), Fiber: 3.81g (15.26%), Manganese: 0.3mg (15.14%), Vitamin B6: 0.21mg (10.62%), Potassium: 341.4mg (9.75%), Vitamin B5: 0.88mg (8.78%), Selenium: 5.85µg (8.35%), Vitamin B2: 0.14mg (8.25%), Phosphorus: 74.78mg (7.48%), Copper: 0.15mg (7.28%), Vitamin B1: 0.1mg (6.39%), Vitamin E: 0.94mg (6.27%), Magnesium: 24.53mg (6.13%), Folate: 22.53µg (5.63%), Vitamin C: 4.6mg (5.57%), Iron: 0.94mg (5.21%), Vitamin K: 4.65µg (4.43%), Calcium: 39.36mg (3.94%), Vitamin B3: 0.64mg (3.18%), Zinc: 0.47mg (3.14%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%)