



Sweet Potato-Chive Latkes



Vegetarian

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

364 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons canola oil
- ☐ 2 teaspoons cayenne pepper
- ☐ 1 egg plus egg white whole
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 tablespoon sea salt
- ☐ 2 teaspoons ground cinnamon
- ☐ 6 servings kosher salt and freshly cracked pepper black
- ☐ 6 servings freshly torn parsley leaves fresh for garnish

- ☐ 10 ounces baking potatoes shredded peeled
- ☐ 16 ounce cup heavy whipping cream sour
- ☐ 1 pound sweet potatoes and into shredded peeled
- ☐ 0.5 cup unbleached flour all-purpose

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ spatula

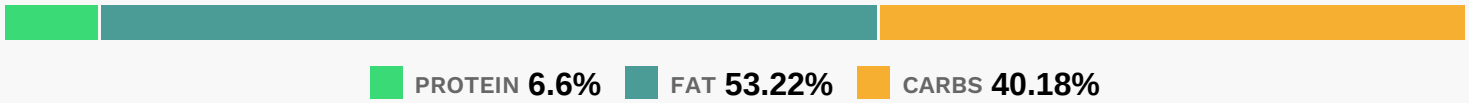
Directions

- ☐ Add the shredded potatoes to a bowl of water, stir to combine.
- ☐ Pour the potatoes over a wire mesh strainer and allow to drain.
- ☐ Whisk the egg and egg white in a large glass mixing bowl until just incorporated, about 30 seconds. Sift the flour, granulated garlic, cayenne and cinnamon into the egg.
- ☐ Add the chives.
- ☐ Sprinkle with 3 teaspoons each salt and black pepper; whisk until smooth. Fold in the sweet potato and potato, making sure the batter is thoroughly combined.
- ☐ Set a large cast-iron or heavy-bottomed skillet over medium heat.
- ☐ Add the oil. Working in small batches, drop about 3 tablespoons per latke into the skillet just before the oil begins to smoke. Flatten each slightly with a slotted metal spatula. Make sure to not overcrowd the skillet.
- ☐ Crisp the latkes until the bottoms are caramelized, 2 to 3 minutes. Flip with the spatula and continue crisping the second side for about 6 minutes total. The latkes should be cooked through and a dark, golden brown.
- ☐ Transfer to a paper-towel-lined dish. Season lightly with salt and pepper.

☐

Serve immediately, garnishing each latke center with a small dollop of sour cream and a sprinkle of torn parsley leaves.

Nutrition Facts



Properties

Glycemic Index:56.13, Glycemic Load:20.13, Inflammation Score:-10, Nutrition Score:18.235217457232%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 364.34kcal (18.22%), Fat: 22.02g (33.88%), Saturated Fat: 8.23g (51.42%), Carbohydrates: 37.42g (12.47%), Net Carbohydrates: 33.44g (12.16%), Sugar: 6.26g (6.96%), Cholesterol: 44.6mg (14.87%), Sodium: 273.01mg (11.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.29%), Vitamin A: 11856.5IU (237.13%), Vitamin K: 76.85µg (73.19%), Manganese: 0.5mg (25.13%), Vitamin B6: 0.4mg (20.06%), Potassium: 622.96mg (17.8%), Vitamin B2: 0.28mg (16.2%), Fiber: 3.98g (15.9%), Phosphorus: 141.77mg (14.18%), Vitamin C: 11.64mg (14.11%), Vitamin B1: 0.21mg (13.81%), Vitamin E: 1.98mg (13.17%), Calcium: 122.37mg (12.24%), Selenium: 8.38µg (11.97%), Folate: 47.23µg (11.81%), Magnesium: 45.03mg (11.26%), Vitamin B5: 1.09mg (10.88%), Copper: 0.21mg (10.61%), Iron: 1.86mg (10.31%), Vitamin B3: 1.74mg (8.69%), Zinc: 0.81mg (5.37%), Vitamin B12: 0.16µg (2.72%)