



Sweet Potato Latkes

 Vegetarian

READY IN



79 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup knudsen cream sour
- 2 eggs beaten
- 3 Tbsp flour
- 4 green onions chopped
- 0.3 tsp ground cinnamon
- 0.3 tsp ground pepper black
- 0.3 cup oil
- 1 lb sweet potatoes and into peeled (3)

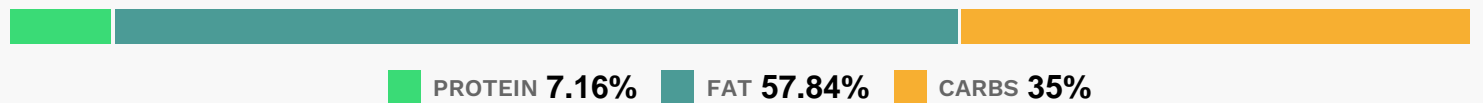
Equipment

- bowl
- frying pan
- paper towels
- kitchen towels
- box grater

Directions

- Grate potatoes using large holes of box grater; place in center of large clean kitchen towel. Bring up ends of towel and twist together to form pouch. Hold pouch over sink, then squeeze to remove as much moisture from potatoes as possible. Empty potatoes into large bowl.
- Add onions, eggs, flour, cinnamon and pepper; mix well.
- Heat oil in medium nonstick skillet on medium-high heat. For each latke, carefully drop 1 Tbsp. potato mixture into skillet, cooking 2 or 3 latkes at a time. Immediately spread each mound into thin circle with back of spoon. Cook 3 to 4 min. on each side or until golden brown on both sides.
- Remove latkes from skillet; drain on paper towels. Repeat with remaining potato mixture.
- Serve topped with sour cream.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:7.28, Inflammation Score:-10, Nutrition Score:10.028260873712%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 167.35kcal (8.37%), Fat: 10.91g (16.78%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 14.84g (4.95%), Net Carbohydrates: 12.85g (4.67%), Sugar: 3.05g (3.39%), Cholesterol: 49.4mg (16.47%), Sodium: 52.3mg (2.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.07%), Vitamin A: 8253.25IU (165.07%), Vitamin K: 18.82µg (17.92%), Vitamin E: 1.58mg (10.53%), Manganese: 0.2mg (10.09%), Fiber: 1.99g (7.97%), Vitamin B2: 0.13mg (7.52%), Selenium: 5.24µg (7.49%), Vitamin B6: 0.15mg (7.42%), Potassium: 244.97mg (7%), Vitamin B5: 0.69mg (6.89%), Phosphorus: 64.76mg (6.48%), Folate: 21.27µg (5.32%), Copper: 0.11mg (5.31%), Vitamin B1: 0.08mg (5.13%), Magnesium: 18.91mg (4.73%), Calcium: 43.52mg (4.35%), Iron: 0.78mg (4.34%), Vitamin C: 2.62mg (3.18%), Zinc: 0.4mg (2.7%), Vitamin B3: 0.54mg (2.68%), Vitamin B12: 0.13µg (2.13%), Vitamin D: 0.22µg (1.47%)