



Sweet Potato Latkes

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



252 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black
- 2 large eggs lightly beaten
- 0.5 cup flour all-purpose
- 1 teaspoon salt
- 2 scallions finely chopped
- 1 pound sweet potatoes grated peeled
- 6 servings vegetable oil

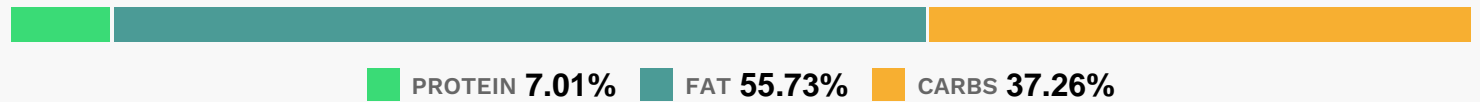
Equipment

- frying pan
- paper towels
- spatula

Directions

- Stir together potatoes, scallions, flour, eggs, salt, and pepper.
- Heat a film of oil in a deep 12-inch non-stick skillet over moderately high heat until hot but not smoking. Working in batches of 4, spoon 1/8 cup potato mixture per latke into the oil and flatten to 3-inch diameter with a slotted spatula. Reduce heat to moderate and cook until golden, about 1 1/2 minutes on each side.
- Transfer latkes with spatula to paper towels to drain.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:13.34, Inflammation Score:-10, Nutrition Score:12.600434821585%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 252.22kcal (12.61%), Fat: 15.74g (24.21%), Saturated Fat: 2.69g (16.81%), Carbohydrates: 23.68g (7.89%), Net Carbohydrates: 20.98g (7.63%), Sugar: 3.34g (3.72%), Cholesterol: 62mg (20.67%), Sodium: 453.71mg (19.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.91%), Vitamin A: 10855.98IU (217.12%), Vitamin K: 35.74µg (34.04%), Manganese: 0.3mg (14.97%), Selenium: 9.13µg (13.05%), Fiber: 2.7g (10.78%), Vitamin B2: 0.18mg (10.43%), Vitamin E: 1.55mg (10.31%), Vitamin B1: 0.15mg (9.99%), Vitamin B6: 0.19mg (9.69%), Folate: 37.8µg (9.45%), Vitamin B5: 0.91mg (9.11%), Potassium: 302.25mg (8.64%), Phosphorus: 81.52mg (8.15%), Copper: 0.15mg (7.35%), Iron: 1.32mg (7.32%), Magnesium: 24.29mg (6.07%), Vitamin B3: 1.07mg (5.36%), Calcium: 37.43mg (3.74%), Zinc: 0.53mg (3.56%), Vitamin C: 2.57mg (3.11%), Vitamin B12: 0.15µg (2.47%), Vitamin D: 0.33µg (2.22%)