



Sweet Potato Latkes



Vegetarian



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



1

CALORIES



1564 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 large eggs lightly beaten
- ☐ 6 tablespoons flour all-purpose
- ☐ 4 spring onion sliced
- ☐ 0.5 teaspoon salt
- ☐ 2.5 pounds sweet potatoes and into peeled
- ☐ 1 serving vegetable oil

Equipment

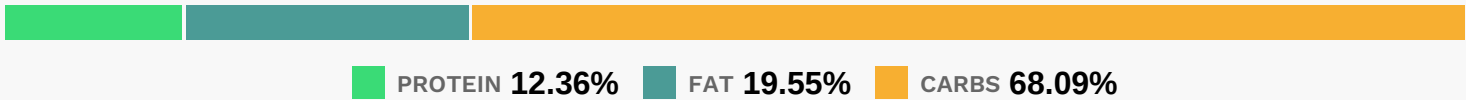
- ☐ frying pan

- ☐ paper towels
- ☐ box grater

Directions

- ☐ Grate potatoes through large holes of a box grater. Stir together potatoes and flour. Stir in eggs and next 2 ingredients until blended.
- ☐ Pour oil to depth of 1/2 inch into a large heavy skillet; heat to 35
- ☐ Gently press 1 rounded tablespoonful potato mixture into a patty. Repeat procedure, making about 2 dozen. Fry, in batches, 2 to 3 minutes on each side or until golden.
- ☐ Drain on paper towels.
- ☐ Serve immediately with Horseradish Cream Sauce and Spiced Thyme Applesauce, if desired.

Nutrition Facts



Properties

Glycemic Index:165, Glycemic Load:138.17, Inflammation Score:-10, Nutrition Score:74.281738778819%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg, Quercetin: 5.24mg

Nutrients (% of daily need)

Calories: 1564.14kcal (78.21%), Fat: 34.12g (52.49%), Saturated Fat: 8.68g (54.28%), Carbohydrates: 267.46g (89.15%), Net Carbohydrates: 230.98g (83.99%), Sugar: 49.38g (54.87%), Cholesterol: 744mg (248%), Sodium: 2079.01mg (90.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.53g (97.06%), Vitamin A: 162436.44IU (3248.73%), Manganese: 3.37mg (168.42%), Fiber: 36.48g (145.93%), Vitamin K: 146.25µg (139.29%), Vitamin B6: 2.76mg (137.96%), Vitamin B5: 12.37mg (123.71%), Potassium: 4278.39mg (122.24%), Selenium: 83.75µg (119.64%), Vitamin B2: 1.87mg (109.79%), Phosphorus: 995.33mg (99.53%), Copper: 1.96mg (98.09%), Vitamin B1: 1.34mg (89.61%), Folate: 331.81µg (82.95%), Magnesium: 327.03mg (81.76%), Iron: 13.23mg (73.49%), Calcium: 494.22mg (49.42%), Vitamin B3: 9.38mg (46.88%), Vitamin C: 36.24mg (43.93%), Zinc: 6.49mg (43.25%), Vitamin E: 6.48mg (43.23%), Vitamin B12: 1.78µg (29.67%), Vitamin D: 4µg (26.67%)