



Sweet Potato Latkes



Vegetarian



Dairy Free

READY IN



65 min.

SERVINGS



45

CALORIES



161 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 lb baking potatoes grated peeled
- ☐ 3 large eggs lightly beaten
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 spring onion thinly sliced
- ☐ 1 teaspoon kosher salt
- ☐ 6 tablespoons panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 lb sweet potatoes and into grated peeled
- ☐ 45 servings thyme leaves

☐ 45 servings vegetable oil

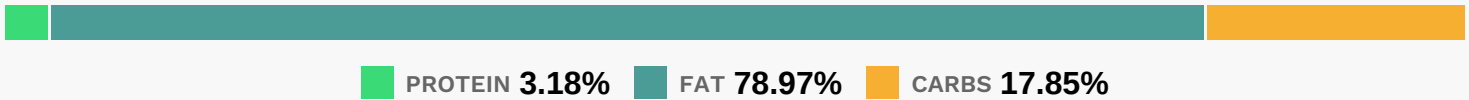
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ spatula

Directions

- ☐ Pour oil to depth of 1/4 inch into a large skillet, and heat over medium-high heat to 35
- ☐ Combine potatoes and green onions in a large bowl.
- ☐ Sprinkle with panko, flour, and salt; gently toss. Stir in eggs.
- ☐ Drop potato mixture, in batches, by 1/4 cupfuls into hot oil in skillet; slightly flatten each with a spatula or fork. Cook 2 to 3 minutes on each side or until lightly browned.
- ☐ Drain latkes on a wire rack over paper towels. Keep warm on a wire rack in a jelly-roll pan in a 200 oven.
- ☐ Serve immediately with Thyme-Scented Applesauce.

Nutrition Facts



Properties

Glycemic Index:6.55, Glycemic Load:4.2, Inflammation Score:-9, Nutrition Score:4.9517390883487%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 161.47kcal (8.07%), Fat: 14.43g (22.2%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 6.54g (2.38%), Sugar: 0.66g (0.73%), Cholesterol: 12.4mg (4.13%), Sodium: 72.95mg (3.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin A: 1503.71IU (30.07%), Vitamin K: 28.05µg (26.71%), Vitamin E: 1.21mg (8.09%), Vitamin B6: 0.1mg (5.1%), Manganese: 0.09mg (4.64%), Potassium: 134.09mg (3.83%), Vitamin C: 3.14mg (3.81%), Fiber: 0.8g (3.2%), Iron: 0.57mg (3.17%), Vitamin B1: 0.04mg (2.9%), Phosphorus: 26.52mg (2.65%), Magnesium: 10mg (2.5%), Copper: 0.05mg (2.44%), Vitamin B2: 0.04mg (2.43%), Selenium: 1.67µg (2.39%), Folate: 8.8µg (2.2%), Vitamin B5: 0.21mg (2.07%), Vitamin B3: 0.41mg (2.04%), Calcium: 14.68mg (1.47%), Zinc: 0.18mg (1.17%)