



Sweet Potato Latkes with Brown Sugar Syrup and Cayenne Candied Pecans



Vegetarian



Dairy Free



Popular

READY IN



90 min.

SERVINGS



16

CALORIES



295 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup breadcrumbs (regular or panko style)
- ☐ 1.3 cup brown sugar
- ☐ 0.5 tsp ground pepper
- ☐ 0.3 tsp cinnamon
- ☐ 0.3 tsp curry powder
- ☐ 1 egg whites
- ☐ 3 eggs beaten

- ☐ 0.5 tsp ginger
- ☐ 0.3 tsp nutmeg
- ☐ 16 servings vegetable oil; peanut oil preferred for frying
- ☐ 2 cups pecans raw or any other nut you prefer) canned
- ☐ 1 tbsp potato flour
- ☐ 0.5 tsp salt
- ☐ 0.3 cup sugar
- ☐ 2.5 lbs sweet potatoes and into
- ☐ 1 Sheet freshly tea
- ☐ 1 tsp vanilla
- ☐ 0.5 tbsp water

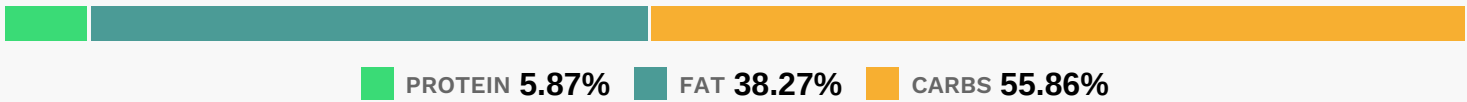
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ wire rack
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ slotted spoon
- ☐ colander
- ☐ cheesecloth
- ☐ grater

Directions

- ☐ Save Recipe
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- ☐ Sweet Potato Latkes with Brown Sugar Syrup and Cayenne Candied Pecans
- ☐ Latke Ingredients2 ½ lbs sweet potatoes1 cup unseasoned breadcrumbs (regular or panko style)1 tbsp potato starch3 eggs, beaten1 tsp salt½ tsp cinnamon¼ tsp curry powder
- ☐ Olive, grapeseed or peanut oil (for frying)You will also need
- ☐ Sheet tray or wire cooling rack, paper towels, mixing bowls, food processor or hand grater, colander, cheesecloth or clean tea towel, large skillet
- ☐ Brown Sugar Syrup Ingredients1 ¼ cup brown sugar½ cup water1 tsp vanillapinch salt
- ☐ You will also needsmall saucepan, whisk
- ☐ Cayenne Candied Pecan Ingredients2 cups raw pecans (you can sub walnuts, almonds, or any other nut you prefer)1 egg white1/3 cup sugar½ tbsp water½ tsp salt½ tsp cayenne½ tsp ginger¼ tsp cinnamon¼ tsp nutmeg
- ☐ You will also need
- ☐ Mixing bowls, whisk, slotted spoon, baking sheet, aluminum foil or silicone baking sheet, food processor (optional)
- ☐ Total Time: 1 Hour 30 Minutes
- ☐ Servings: about 16 latkes

Nutrition Facts



Properties

Glycemic Index:16.57, Glycemic Load:10.01, Inflammation Score:-10, Nutrition Score:12.772173933361%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg Thearubigins: 0.05mg, Thearubigins: 0.05mg, Thearubigins: 0.05mg, Thearubigins: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 295.16kcal (14.76%), Fat: 12.93g (19.9%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 42.48g (14.16%), Net Carbohydrates: 38.78g (14.1%), Sugar: 24.82g (27.57%), Cholesterol: 30.69mg (10.23%), Sodium: 181.12mg (7.87%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.46g (8.93%), Vitamin A: 10130.22IU (202.6%), Manganese: 0.83mg (41.43%), Fiber: 3.7g (14.81%), Copper: 0.29mg (14.49%), Vitamin B1: 0.21mg (13.81%), Vitamin B6: 0.21mg (10.47%), Potassium: 347.8mg (9.94%), Magnesium: 38.98mg (9.75%), Phosphorus: 97.28mg (9.73%), Vitamin B5: 0.87mg (8.67%), Selenium: 5.75µg (8.22%), Vitamin B2: 0.13mg (7.91%), Iron: 1.37mg (7.6%), Zinc: 0.99mg (6.61%), Calcium: 62.46mg (6.25%), Vitamin E: 0.92mg (6.1%), Folate: 22.14µg (5.53%), Vitamin B3: 1.04mg (5.2%), Vitamin C: 1.91mg (2.31%), Vitamin K: 2.29µg (2.18%), Vitamin B12: 0.1µg (1.65%), Vitamin D: 0.17µg (1.1%)