



Sweet Potato Mini-Latkes

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound sweet potatoes and into shredded peeled
- ☐ 2 tablespoons spring onion finely chopped
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 1 eggs slightly beaten
- ☐ 1 cup cream sour
- ☐ 1 serving pecans sliced

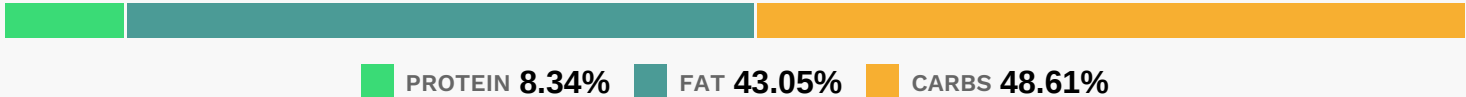
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Generously grease cookie sheet.
- ☐ Mix all ingredients except sour cream and pecans.
- ☐ Drop sweet potato mixture by teaspoonfuls onto cookie sheet; flatten slightly.
- ☐ Bake 12 to 15 minutes, turning once, until golden brown. Top with sour cream.
- ☐ Garnish with pecans.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:10.42, Inflammation Score:-10, Nutrition Score:10.375652168108%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg 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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 172.26kcal (8.61%), Fat: 8.35g (12.84%), Saturated Fat: 4.13g (25.84%), Carbohydrates: 21.21g (7.07%), Net Carbohydrates: 18.72g (6.81%), Sugar: 4.56g (5.07%), Cholesterol: 49.9mg (16.63%), Sodium: 258.1mg (11.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Vitamin A: 11023.87IU (220.48%), Manganese: 0.25mg (12.67%), Vitamin B2: 0.17mg (10.1%), Fiber: 2.49g (9.95%), Vitamin B6: 0.19mg (9.51%), Potassium: 325.17mg (9.29%), Vitamin B5: 0.87mg (8.72%), Phosphorus: 86.08mg (8.61%), Selenium: 5.91µg (8.44%), Vitamin B1: 0.11mg (7.51%), Copper: 0.14mg (6.91%), Calcium: 68.15mg (6.81%), Magnesium: 25.44mg (6.36%), Folate: 24.92µg (6.23%), Vitamin K: 6.19µg (5.89%), Iron: 0.9mg (4.99%), Vitamin B3: 0.78mg (3.91%), Zinc: 0.5mg (3.34%),

Vitamin C: 2.54mg (3.08%), Vitamin E: 0.44mg (2.91%), Vitamin B12: 0.15µg (2.43%)