



Sweet Potato Parsnip Latkes

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 lb parsnips shredded peeled
- ☐ 8 oz sweet potatoes and into shredded peeled
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons spring onion chopped (2 medium)
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 2 eggs slightly beaten
- ☐ 6 tablespoons canola oil
- ☐ 0.8 cup cream sour
- ☐ 1 serving spring onion chopped

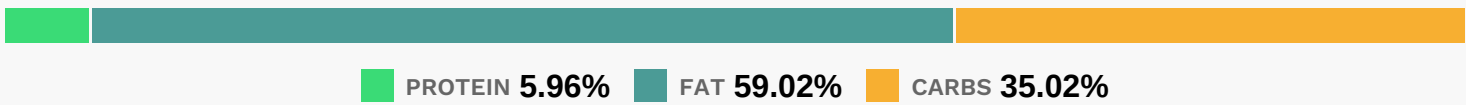
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In medium bowl, mix all ingredients except oil, sour cream and additional green onions until blended.
- ☐ In 12-inch skillet, heat 2 tablespoons of the oil over medium-high heat. Scoop sweet potato mixture by 1/4 cupfuls into skillet; flatten slightly. Cook 4 minutes or until golden brown, turning once.
- ☐ Drain on paper towels. Repeat with remaining batter.
- ☐ Add remaining oil as needed to prevent sticking. Top with sour cream.
- ☐ Garnish with additional green onions.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:6.48, Inflammation Score:-9, Nutrition Score:8.7530435116395%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 158.97kcal (7.95%), Fat: 10.65g (16.39%), Saturated Fat: 2.23g (13.92%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 11.65g (4.24%), Sugar: 3.17g (3.52%), Cholesterol: 35.76mg (11.92%), Sodium: 161.6mg (7.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Vitamin A: 2842.97IU (56.86%), Vitamin K: 17.29µg (16.47%), Manganese: 0.3mg (14.83%), Vitamin E: 1.99mg (13.28%), Fiber: 2.57g (10.3%), Folate: 39.08µg (9.77%), Vitamin C: 7.32mg (8.88%), Phosphorus: 72.96mg (7.3%), Potassium: 242.86mg (6.94%), Selenium: 4.77µg (6.81%), Vitamin B2: 0.11mg (6.29%), Calcium: 59.4mg (5.94%), Vitamin B5: 0.56mg (5.56%), Vitamin B1: 0.08mg (5.52%), Magnesium: 19.3mg (4.82%), Vitamin B6: 0.1mg (4.77%), Copper: 0.09mg (4.44%), Iron: 0.7mg (3.92%), Vitamin B3: 0.61mg (3.03%), Zinc: 0.45mg (3.02%), Vitamin B12: 0.1µg (1.59%)