



Vegetable Latkes

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoon double-acting baking powder
- 2 large carrots shredded peeled
- 3 large eggs beaten
- 0.8 cup flour all-purpose
- 3 leeks light white green chopped (and parts only)
- 1 large parsnips shredded peeled
- 2 large russet potatoes shredded scrubbed
- 6 servings salt and pepper to taste

0.5 cup vegetable oil

Equipment

frying pan

baking sheet

paper towels

oven

mixing bowl

colander

Directions

In a colander, rinse the parsnip and potatoes under cold water. Pat dry thoroughly with paper towels; transfer to a mixing bowl.

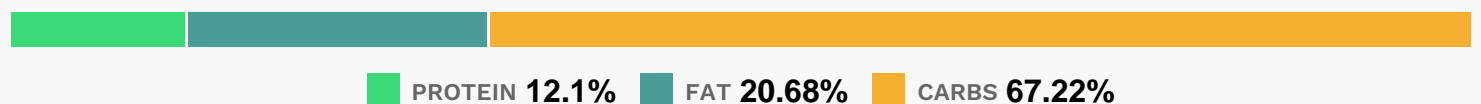
Stir in the carrots, leeks (or onion), flour, baking powder, eggs, salt, and pepper.

Heat the oil in a large skillet over medium-high heat.

Drop in large spoonfuls of the batter, flattening each with the back of the spoon. Cook, turning once, until brown and crisp, 2 to 3 minutes a side.

Transfer the latkes to a paper towel-lined baking sheet in a 200°F oven until serving.

Nutrition Facts



Properties

Glycemic Index:63.76, Glycemic Load:30.56, Inflammation Score:-10, Nutrition Score:20.703913170358%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 278.63kcal (13.93%), Fat: 6.53g (10.05%), Saturated Fat: 1.43g (8.95%), Carbohydrates: 47.78g (15.93%), Net Carbohydrates: 43.02g (15.64%), Sugar: 5.01g (5.57%), Cholesterol: 93mg (31%), Sodium: 334.46mg (14.54%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 8.6g (17.19%), Vitamin A: 4887.49IU (97.75%), Vitamin K: 38.91µg (37.06%), Manganese: 0.7mg (35.01%), Vitamin B6: 0.63mg (31.69%), Folate: 107.91µg (26.98%), Potassium: 818.08mg (23.37%), Vitamin C: 18.16mg (22.01%), Selenium: 14.4µg (20.57%), Vitamin B1: 0.3mg (19.95%), Iron: 3.46mg (19.19%), Phosphorus: 190.95mg (19.09%), Fiber: 4.76g (19.04%), Vitamin B2: 0.27mg (16.01%), Magnesium: 57.74mg (14.44%), Vitamin B3: 2.81mg (14.05%), Copper: 0.26mg (13.13%), Calcium: 115.1mg (11.51%), Vitamin B5: 1.1mg (11.05%), Vitamin E: 1.53mg (10.23%), Zinc: 1.05mg (7.02%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.5µg (3.33%)