



Vegetable Latkes

READY IN



45 min.

SERVINGS



20

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup broccoli very finely chopped
- ☐ 0.8 cup carrots peeled very finely chopped
- ☐ 0.8 cup corn oil for frying
- ☐ 6 eggs
- ☐ 1 cup matzo meal
- ☐ 0.8 cup onion grated
- ☐ 2 teaspoons salt
- ☐ 3 scallions finely chopped (not including bulbs)
- ☐ 20 servings cup heavy whipping cream sour

- ☐ 0.8 cup pkt spinach very finely chopped
- ☐ 2 tablespoons sugar
- ☐ 1.5 cups water
- ☐ 1 cup zucchini peeled very finely chopped

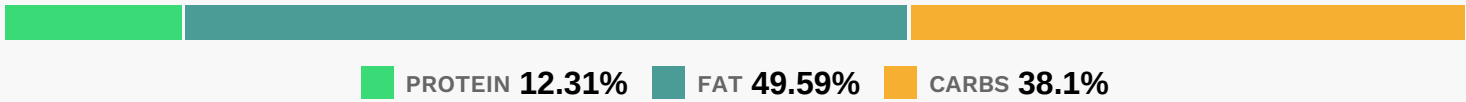
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ hand mixer

Directions

- ☐ In a large bowl, combine matzo meal, salt, and sugar. Set aside.
- ☐ Separate egg whites and yolks. Beat egg yolks, and combine with water.
- ☐ Add the yolk mixture to the matzo meal mixture, and let it stand for 30 minutes.
- ☐ Beat egg whites with an electric mixer until they are stiff, and fold them into the matzo meal mixture.
- ☐ Add grated onion, zucchini, broccoli, spinach, carrots, scallions, and sun- dried tomatoes if you're using them.
- ☐ Heat corn oil until it sizzles in a deep skillet. Lower heat, and, using a cooking spoon, spoon batter into the pan, creating thin pancakes 3 to 4 inches in diameter. Fry for several minutes, turning when the pancake is firm and the bottom side is golden brown. Turn and fry for another few minutes until the other side is done.
- ☐ Drain on paper towel.
- ☐ Serve with sour cream.Occasionally stir mixture left in the bowl during the process of spooning latkes into the pan.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
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Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:1.22, Inflammation Score:-6, Nutrition Score:5.0043477752934%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 97.51kcal (4.88%), Fat: 5.43g (8.35%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 8.69g (3.16%), Sugar: 2.43g (2.7%), Cholesterol: 56.18mg (18.73%), Sodium: 262.59mg (11.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Vitamin A: 1111.3IU (22.23%), Vitamin K: 15.52µg (14.78%), Selenium: 7.27µg (10.38%), Vitamin C: 6.52mg (7.91%), Vitamin B2: 0.12mg (7.06%), Phosphorus: 51.38mg (5.14%), Manganese: 0.1mg (4.95%), Folate: 17.76µg (4.44%), Vitamin E: 0.55mg (3.63%), Vitamin B6: 0.07mg (3.52%), Iron: 0.6mg (3.35%), Vitamin B5: 0.33mg (3.34%), Vitamin B1: 0.05mg (3.23%), Potassium: 106.58mg (3.05%), Calcium: 29.54mg (2.95%), Fiber: 0.69g (2.78%), Vitamin B12: 0.14µg (2.38%), Magnesium: 9.18mg (2.3%), Zinc: 0.33mg (2.22%), Vitamin B3: 0.42mg (2.11%), Vitamin D: 0.26µg (1.76%), Copper: 0.03mg (1.59%)