

Apple and Honey Latkes

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1 large apple
2 tablespoons flour
1 teaspoon sugar
1 egg, beaten
Kosher salt
1 tablespoon olive oil
honey

Peel and shred the apple. Wrap in a clean kitchen towel and twist over a bowl to wring out the juice (drink the juice or reserve for another use).

Toss the shredded apple with the flour and sugar in a bowl. Stir in the egg and season with Kosher salt.

In a large skillet, warm the olive oil over medium-high heat. Drop 1/4 cupfuls of the mixture into the skillet and fry until golden brown, 3 to 4 minutes per side.

Keep warm in a 200 degree oven until ready to serve.

Top with honey.

Per Serving (excluding unknown items): 348 Calories; 19g Fat (48.5% calories from fat); 8g Protein; 38g Carbohydrate; 4g Dietary Fiber; 212mg Cholesterol; 70mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 1/2 Fruit; 3 Fat; 1/2 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	348	Vitamin B6 (mg):	.1mg
% Calories from Fat:	48.5%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	42.3%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	9.2%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	19g	Folacin (mcg):	32mcg
Saturated Fat (g):	3g	Niacin (mg):	1mg
Monounsaturated Fat (g):	12g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 2g
Cholesterol (mg): 212mg
Carbohydrate (g): 38g
Dietary Fiber (g): 4g
Protein (g): 8g
Sodium (mg): 70mg
Potassium (mg): 243mg
Calcium (mg): 38mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 8mg
Vitamin A (i.u.): 317IU
Vitamin A (r.e.): 77 1/2RE

Alcohol (kcal):
 % Refuse: n n%

Food Exchanges

Grain (Starch): 1
Lean Meat: 1
Vegetable: 0
Fruit: 1 1/2
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 348 **Calories from Fat:** 169

% Daily Values*

Total Fat 19g 29%
 Saturated Fat 3g 17%
Cholesterol 212mg 71%
Sodium 70mg 3%
Total Carbohydrates 38g 13%
 Dietary Fiber 4g 17%
Protein 8g

Vitamin A 6%
Vitamin C 13%
Calcium 4%
Iron 11%

* Percent Daily Values are based on a 2000 calorie diet.