

# Parsnip-Golden Beet Latkes

Parade Magazine - December 1, 2013

3 tablespoons flour  
1 teaspoon baking powder  
1 teaspoon Kosher salt  
big pinch freshly ground pepper  
3/4 pound (about 3) golden beets,  
peeled and shredded, then squeezed  
dry in a clean kitchen towel  
3/4 pound (about 2 large) parsnips,  
peeled and shredded  
3 eggs, beaten  
2 tablespoons olive oil  
1/2 cup sour cream  
2 tablespoons grated horseradish  
2 tablespoons parsley, finely chopped

In a large bowl, whisk the flour, baking powder, salt and pepper.

Add the beets and parsnips. Toss to coat. Stir in the eggs.

In a large skillet over medium-high heat, warm the olive oil. Drop 1/4 cupfuls of the mixture into the skillet and cook, pressing with a spatula to flatten, until golden brown, 4 to 5 minutes per side. Keep warm in a 200 degree oven until ready to serve.

In a small bowl, stir together the horseradish, parsley and sour cream. Serve on the side.

Per Serving (excluding unknown items): 925 Calories; 67g Fat (64.3% calories from fat); 27g Protein; 56g Carbohydrate; 9g Dietary Fiber; 687mg Cholesterol; 2661mg Sodium. Exchanges: 3 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 11 1/2 Fat; 0 Other Carbohydrates.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	925
% Calories from Fat:	64.3%
% Calories from Carbohydrates:	24.0%
% Calories from Protein:	11.6%
Total Fat (g):	67g
Saturated Fat (g):	23g
Monounsaturated Fat (g):	33g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	687mg
Carbohydrate (g):	56g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	2.3mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	216mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

### Food Exchanges

Dietary Fiber (g): 9g  
 Protein (g): 27g  
 Sodium (mg): 2661mg  
 Potassium (mg): 1073mg  
 Calcium (mg): 557mg  
 Iron (mg): 6mg  
 Zinc (mg): 3mg  
 Vitamin C (mg): 40mg  
 Vitamin A (i.u.): 2031IU  
 Vitamin A (r.e.): 521 1/2RE

Grain (Starch): 3  
 Lean Meat: 2 1/2  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 1/2  
 Fat: 11 1/2  
 Other Carbohydrates: 0

## Nutrition Facts

### Amount Per Serving

Calories 925      Calories from Fat: 595

### % Daily Values\*

<b>Total Fat</b>	67g	103%
Saturated Fat	23g	117%
<b>Cholesterol</b>	687mg	229%
<b>Sodium</b>	2661mg	111%
<b>Total Carbohydrates</b>	56g	19%
Dietary Fiber	9g	37%
<b>Protein</b>	27g	

<b>Vitamin A</b>	41%
<b>Vitamin C</b>	67%
<b>Calcium</b>	56%
<b>Iron</b>	33%

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