

Curried Sweet Potato Latkes

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1 1/2 pounds about 4 small sweet potatoes, peeled and shredded
1 small onion, grated
1/2 cup raisins
2/3 cup flour
3 eggs, beaten
2 teaspoons curry powder
1 teaspoon Kosher salt
2 tablespoons olive oil
sour cream (optional)

Place the sweet potatoes in a large bowl. Add the onion, raisins and flour.

In a bowl, combine the eggs, curry powder and salt. Add the contents to the sweet potato mixture and mix with your hands.

In a large skillet over medium-high heat, warm the olive oil. Drop 1/3 cupfuls of the mixture into the skillet and fry, pressing down with a spatula to flatten, until golden brown, about 2 to 3 minutes per side.

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

Serve with sour cream, if desired.

Per Serving (excluding unknown items): 1239 Calories; 44g Fat (31.7% calories from fat); 35g Protein; 181g Carbohydrate; 15g Dietary Fiber; 636mg Cholesterol; 2131mg Sodium. Exchanges: 7 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 4 Fruit; 6 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1239	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	31.7%	Vitamin B12 (mcg):	1.9mcg
% Calories from Carbohydrates:	57.3%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	11.0%	Riboflavin B2 (mg):	1.5mg
Total Fat (g):	44g	Folacin (mcg):	150mcg
Saturated Fat (g):	9g	Niacin (mg):	7mg
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	636mg
Carbohydrate (g):	181g
Dietary Fiber (g):	15g
Protein (g):	35g
Sodium (mg):	2131mg
Potassium (mg):	1469mg
Calcium (mg):	211mg
Iron (mg):	11mg
Zinc (mg):	3mg
Vitamin C (mg):	54mg
Vitamin A (i.u.):	39902IU
Vitamin A (r.e.):	4126 1/2RE

% Daily Values*

Food Exchanges

Grain (Starch):	7 1/2
Lean Meat:	2 1/2
Vegetable:	1 1/2
Fruit:	4
Non-Fat Milk:	0
Fat:	6 1/2
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1239 **Calories from Fat:** 392

% Daily Values*

Total Fat	44g	68%
Saturated Fat	9g	44%
Cholesterol	636mg	212%
Sodium	2131mg	89%
Total Carbohydrates	181g	60%
Dietary Fiber	15g	58%
Protein	35g	
Vitamin A		798%
Vitamin C		90%
Calcium		21%
Iron		60%

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