

Sweet Potato Latkes II

*Anna Kaplan - Fort Worth, TX
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Yield: 24 latkes

*6 medium sweet potatoes, peeled
4 eggs, beaten
1 teaspoon salt
2 tablespoons light brown sugar
1 teaspoon ground cinnamon
2 tablespoons all-purpose flour
freshly ground black pepper
1/4 cup canola oil (for frying, add
more as needed)*

Preheat the oven to 350 degrees.

Grate the sweet potatoes in a food processor or with a box grater (largest hole). Combine the sweet potatoes with the remaining ingredients (except the oil) in a large bowl.

Heat the oil in a cast-iron skillet over medium-high heat. For each latke, place 1/4 cup of batter in the hot oil. Flatten with a spatula until about 1/4-inch thick. Cook until golden brown, about 2 minutes per side.

Drain on a paper towel. Place on a baking sheet and bake for 12 minutes.

Serve with Greek yogurt, cranberry sauce or applesauce.

Per Serving (excluding unknown items): 1246 Calories; 22g Fat (16.2% calories from fat); 40g Protein; 222g Carbohydrate; 25g Dietary Fiber; 848mg Cholesterol; 2521mg Sodium. Exchanges: 13 1/2 Grain(Starch); 3 Lean Meat; 1 1/2 Fat; 1 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1246	Vitamin B6 (mg):	2.3mg
% Calories from Fat:	16.2%	Vitamin B12 (mcg):	2.6mcg
% Calories from Carbohydrates:	71.1%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	12.7%	Riboflavin B2 (mg):	2.2mg
Total Fat (g):	22g	Folacin (mcg):	229mcg
Saturated Fat (g):	7g	Niacin (mg):	6mg

Monounsaturated Fat (g): 8g
Polyunsaturated Fat (g): 4g
Cholesterol (mg): 848mg
Carbohydrate (g): 222g
Dietary Fiber (g): 25g
Protein (g): 40g
Sodium (mg): 2521mg
Potassium (mg): 1950mg
Calcium (mg): 335mg
Iron (mg): 10mg
Zinc (mg): 5mg
Vitamin C (mg): 178mg
Vitamin A (i.u.): 157473IU
Vitamin A (r.e.): 15927 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 13 1/2
Lean Meat: 3
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 1246 Calories from Fat: 201

% Daily Values*

Total Fat	22g	35%
Saturated Fat	7g	34%
Cholesterol	848mg	283%
Sodium	2521mg	105%
Total Carbohydrates	222g	74%
Dietary Fiber	25g	100%
Protein	40g	
Vitamin A		3149%
Vitamin C		296%
Calcium		34%
Iron		57%

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