



## Sweet Potato Latkes with Yogurt Sauce

Latkes are potato pancakes that are cooked in oil.

### U.S.

#### *Latkes:*

2 large	Egg
1/3 cup	All Purpose Flour
3 medium	Sweet Potatos, peeled, grated
2 tsp	Cinnamon, ground
1/4 tsp	Salt, Kosher
1/4 tsp	Black Pepper, ground
1/4 cup	Oil

#### *Yogurt Sauce:*

1 cup	Yogurt, low-fat, plain
2 Tbsp	Maple Syrup
1 tsp	Cinnamon, ground
1 tsp	Nutmeg, ground

### Metric

2 large
40 g
3 medium
5.2 g
1.5 g
0.57 g
60 mL

227 g
39 g
2.6 g
2.6 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. In a large bowl combine egg, flour, sweet potatoes, cinnamon, salt, and pepper. Let sit for 10 minutes.
3. In a separate bowl, combine low-fat yogurt, maple syrup, cinnamon, and nutmeg. Refrigerate until ready to use.
4. Heat a non-stick pan over medium high heat. Add 1 teaspoon vegetable oil.
5. When hot, spoon sweet potato mixture into pan in 8 equal portions. Cook for about 4-5 minutes on each side until golden brown. Add more oil as needed.
6. Serve and enjoy with 1 oz of yogurt sauce.

# Nutrition Facts

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8 Servings

**Serving size** 1 latke, 2 Tbsp sauce

**Amount per serving**

**Calories** 170

Calories from Fat 70

**Total Fat** 8 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated Fat 5 g

**Cholesterol** 45 mg

**Sodium** 125 mg

**Total Carbohydrate** 19 g

Dietary Fiber 2 g

Total Sugars 6 g

Includes 3 g Added Sugars

**Protein** 4 g

Vitamin D 0 %

Calcium 8 %

Iron 4 %

Potassium 262 mg

Phosphorus 92 mg