

Broccoli Onion Latkes

[Recipe](#)



Nutrition Facts:

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4 Servings	
Serving Size	1 latke
Amount per serving	
Calories	135
Total Fat 9g	
Saturated Fat 2g	
Trans Fat 0g	
Cholesterol 95mg	
Sodium 50mg	
Total Carbohydrate 8g	
Dietary Fiber 2g	
Total Sugars 2g	
Added Sugars 0g	
Protein 5g	
Potassium 240mg	
Phosphorus 95mg	

Preparation Time:

15 minutes

Cook Time:

10 minutes

Servings:

4 latkes

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1 latke

Ingredients:

- 3 cups: fresh or frozen chopped broccoli florets
- ½ cup: diced onion
- 2 eggs
- 2 tbsp.: all-purpose flour
- 2 tbsp.: olive oil

Directions;

1. Boil the diced broccoli in a small amount of water for 5 minutes, then drain thoroughly.
2. Break eggs into a medium bowl and beat. Add the flour and mix well. Add the broccoli and onion and stir into the flour/egg mixture until well mixed.
3. Heat olive oil in a frying pan over medium-high heat. Drop the mixture by the spoonful into the hot oil, making 4 equal portions. Flatten with a spatula, and cook until golden brown on both sides (about 3-4 minutes per side).
4. Remove the latkes from the pan and drain on a paper towel to soak up extra oil. Serve hot.