## Pumpkin Latkes with Spiced Cranberry Sour Cream

Alison Ladman - Associated Press Palm Beach Post

## Servings: 10

1 cup sour cream

1/4 cup dried cranberries, finely chopped

2 tablespoons packed dark brown sugar

1 teaspoon cinnamon

1/4 teaspoon nutmeg

1/4 teaspoon ground cloves vegetable oil

1 medium yellow onion, chopped 1 small (about 3 cups) sugar pumpkin, peeled, seeded and shredded 2 eggs

1/4 cup all-purpose flour 1 teaspoon salt

1/4 teaspoon ground black pepper toasted pecans (for garnish)

In a small bowl, stir the sour cream, cranberries, brown sugar, cinnamon, nutmeg and cloves. Set aside.

In a medium skillet over medium, heat one tablespoon of vegetable oil. Add the onion and cook until very tender and well browned, about 12 to 15 minutes. Transfer the onion (reserving the skillet) to a medium bowl and mix in the shredded pumpkin, eggs, flour, salt and black pepper.

Wipe out the skillet used to cook the onions. Return it to medium-high heat and add 1/4-inch of vegetable oil. Working in batches, scoop the pumpkin mixture by the heaping teaspoonful into the pan, three or four scoops at a time. Flatten each scoop with the back of the spatula and cook until browned on both sides and tender at the center, about 3 minutes per side.

Transfer to a wire rack set over a baking sheet to drain. Serve topped with the cranberry sour cream and garnished with toasted pecans.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 91 Calories; 6g Fat (57.5% calories from fat); 2g Protein; 7g Carbohydrate; trace Dietary Fiber; 53mg Cholesterol; 241mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Side Dishes

## Dar Carvina Mutritional Analysis

Calories (kcal):	91	Vitamin B6 (mg):	trace
% Calories from Fat:	57.5%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	31.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	10.6%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	14mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0 0 0%
Cholesterol (mg):	53mg		
Carbohydrate (g):	7g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	241mg	Vegetable:	0
Potassium (mg):	79mg	Fruit:	0
Calcium (mg):	42mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	1mg	-	
Vitamin A (i.u.):	232IU		
Vitamin A (r.e.):	68 1/2RE		

## **Nutrition Facts**

Servings per Recipe: 10

Calories 91		
	Calories from Fat: 52	
	% Daily Values*	
Total Fat 6g Saturated Fat 3g Cholesterol 53mg Sodium 241mg Total Carbohydrates 7g Dietary Fiber trace Protein 2g	9% 17% 18% 10% 2% 2%	

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.