



Black pudding potato cakes with fried eggs & tomato chutney



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



392 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tbsp citrus champagne vinegar
- ☐ 1 tbsp sugar
- ☐ 0.5 small onion finely chopped
- ☐ 0.5 cherry tomatoes quartered
- ☐ 400 g potatoes cold mashed
- ☐ 0.5 bunch spring onion finely sliced
- ☐ 0.5 slices pudding diced black

- ☐ 1 tbsp flour plain
- ☐ 2 tbsp unrefined sunflower oil
- ☐ 2 eggs

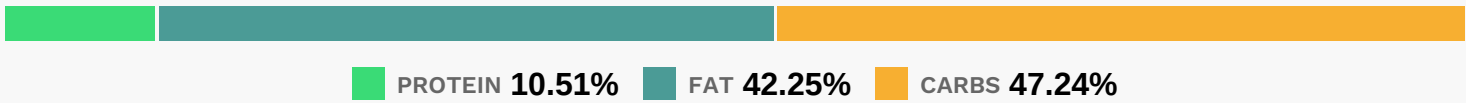
Equipment

- ☐ frying pan

Directions

- ☐ Make the chutney: heat the vinegar and sugar with 1 tbsp cold water, swirling until sugar dissolves. Throw in the onion and cook for 1 min, then add the tomatoes and cook for 3 mins until starting to soften. Turn off the heat and set aside to cool.
- ☐ Mix the mashed potato and spring onion with some seasoning, then carefully fold in the black pudding. Shape into 4 patties and dust in the flour.
- ☐ Heat half the oil in a large non-stick frying pan and cook the potato cakes for 3 mins each side until golden.
- ☐ Remove from the pan and keep warm.
- ☐ Heat the remaining oil in the frying pan, then crack both eggs in and cook how you like them.
- ☐ Serve 2 black pudding cakes per person, topped with a fried egg and a dollop of tomato chutney.

Nutrition Facts



Properties

Glycemic Index:143.92, Glycemic Load:32.29, Inflammation Score:-6, Nutrition Score:17.666087026181%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 391.59kcal (19.58%), Fat: 18.46g (28.4%), Saturated Fat: 2.83g (17.67%), Carbohydrates: 46.44g (15.48%), Net Carbohydrates: 41.45g (15.07%), Sugar: 8.74g (9.71%), Cholesterol: 163.68mg (54.56%), Sodium: 78.54mg (3.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.33g (20.66%), Vitamin C: 42.9mg (52%), Vitamin E: 6.3mg (41.97%), Vitamin B6: 0.69mg (34.72%), Potassium: 966.94mg (27.63%), Selenium: 15.56µg (22.23%), Phosphorus: 215.44mg (21.54%), Fiber: 4.99g (19.95%), Manganese: 0.39mg (19.55%), Vitamin B2: 0.3mg (17.4%), Folate: 67.26µg (16.81%), Vitamin K: 17.31µg (16.48%), Iron: 2.76mg (15.34%), Vitamin B1: 0.22mg (14.66%), Magnesium: 56.33mg (14.08%), Copper: 0.27mg (13.54%), Vitamin B5: 1.31mg (13.14%), Vitamin B3: 2.44mg (12.18%), Zinc: 1.24mg (8.27%), Vitamin B12: 0.39µg (6.53%), Vitamin A: 322.55IU (6.45%), Calcium: 59.72mg (5.97%), Vitamin D: 0.88µg (5.88%)