



Boxty

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



402 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon caraway seeds
- ☐ 1 eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 3 green onions diced
- ☐ 0.5 teaspoon pepper
- ☐ 3 pounds potatoes divided peeled
- ☐ 2 teaspoons salt divided
- ☐ 6 tablespoons vegetable oil

☐ 2 tablespoons whipping cream

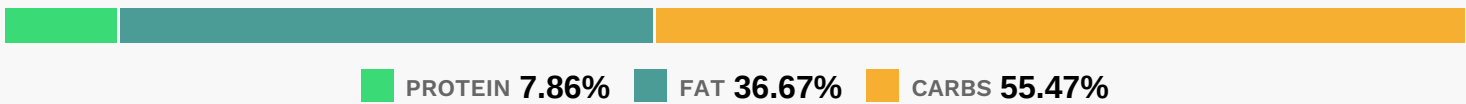
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ potato masher

Directions

- ☐ Cut 2 potatoes into cubes; cook potato cubes and 1 teaspoon salt in boiling water to cover 15 minutes or until tender.
- ☐ Drain and mash with a potato masher; set aside.
- ☐ Shred remaining 2 potatoes; press between layers of paper towels to remove excess water.
- ☐ Combine mashed and shredded potatoes in a large bowl; stir in remaining 1 teaspoon salt, onions, and next 4 ingredients. Gradually add flour to form a soft dough; shape into 12 patties.
- ☐ Fry patties, in batches, in hot oil in a large skillet over medium-high heat 6 to 7 minutes on each side or until golden brown.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:37.13, Glycemic Load:40.62, Inflammation Score:-6, Nutrition Score:17.341304478438%

Flavonoids

Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 401.63kcal (20.08%), Fat: 16.58g (25.5%), Saturated Fat: 3.55g (22.2%), Carbohydrates: 56.43g (18.81%), Net Carbohydrates: 50.55g (18.38%), Sugar: 2.14g (2.38%), Cholesterol: 32.93mg (10.98%), Sodium: 802mg (34.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.99g (15.98%), Vitamin C: 45.91mg (55.64%), Vitamin

K: 42.26µg (40.24%), Vitamin B6: 0.7mg (34.89%), Potassium: 1015.41mg (29.01%), Manganese: 0.53mg (26.42%),
Vitamin B1: 0.35mg (23.58%), Fiber: 5.88g (23.51%), Folate: 81.96µg (20.49%), Vitamin B3: 3.67mg (18.37%),
Phosphorus: 173.57mg (17.36%), Iron: 3.04mg (16.87%), Magnesium: 60.34mg (15.09%), Selenium: 10.23µg (14.62%),
Copper: 0.29mg (14.58%), Vitamin B2: 0.22mg (13.22%), Vitamin B5: 0.89mg (8.95%), Vitamin E: 1.31mg (8.76%),
Zinc: 0.96mg (6.37%), Calcium: 45.58mg (4.56%), Vitamin A: 179.58IU (3.59%), Vitamin D: 0.23µg (1.51%), Vitamin
B12: 0.07µg (1.22%)