



Boxty and Bacon

READY IN



30 min.

SERVINGS



4

CALORIES



654 kcal

SIDE DISH

Ingredients

- 0.8 pound bacon
- 1 teaspoon double-acting baking powder
- 2 tablespoons butter melted
- 1 cup flour all-purpose
- 0.3 cup milk
- 3 baking potatoes peeled

Equipment

- bowl

- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- whisk
- wire rack
- kitchen towels
- box grater

Directions

- Adjust oven rack to middle position and preheat to 350°F.
- Cut one of the potatoes into 2 inch pieces; place in a saucepan and cover with water. Bring to a simmer and cook until potatoes are soft and mashable, about 8 minutes. Mash the potatoes, then allow to cool.
- Grate the other 2 potatoes on the large holes of a box grater.
- Place a handful of grated potatoes into the center of a clean tea towel, then gently twist the towel until the potatoes release their water. Repeat with remaining potatoes.
- In a large bowl combine flour and baking powder and whisk until combined. Toss grated potatoes with flour mixture, then add mashed potato and mix until all the ingredients are combined.
- Pour butter and milk over potatoes, mixing until the ingredients come together into a stiff batter. Set aside.
- In a large skillet, cook bacon over medium heat until crisp, flipping once in the middle of cooking.
- Transfer to a paper towel-lined plate, leaving fat in skillet.
- Add boxty batter to the bacon fat by the spoonful and cook until well browned on both sides, about 4 minutes per side.
- Transfer to a wire rack set in a rimmed baking sheet as they cook. When all boxty have been fried, transfer baking sheet to oven and bake until cooked through, about 10 minutes.
- Serve with bacon and maple syrup.

Nutrition Facts

PROTEIN 10.97% FAT 55.52% CARBS 33.51%

Properties

Glycemic Index:84.94, Glycemic Load:40.48, Inflammation Score:-5, Nutrition Score:17.276086962741%

Nutrients (% of daily need)

Calories: 654.48kcal (32.72%), Fat: 40.35g (62.08%), Saturated Fat: 15.28g (95.5%), Carbohydrates: 54.8g (18.27%), Net Carbohydrates: 51.87g (18.86%), Sugar: 1.81g (2.01%), Cholesterol: 73.01mg (24.34%), Sodium: 728.44mg (31.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.94g (35.88%), Vitamin B1: 0.62mg (41.33%), Selenium: 28.69µg (40.98%), Vitamin B6: 0.8mg (40.03%), Vitamin B3: 6.94mg (34.69%), Phosphorus: 283.08mg (28.31%), Potassium: 892.75mg (25.51%), Manganese: 0.47mg (23.7%), Folate: 79.76µg (19.94%), Iron: 3.28mg (18.25%), Vitamin B2: 0.3mg (17.61%), Magnesium: 56.06mg (14.02%), Copper: 0.25mg (12.28%), Zinc: 1.75mg (11.7%), Fiber: 2.92g (11.69%), Vitamin B5: 1.15mg (11.54%), Vitamin C: 9.11mg (11.04%), Calcium: 108.9mg (10.89%), Vitamin B12: 0.52µg (8.66%), Vitamin A: 232.7IU (4.65%), Vitamin E: 0.57mg (3.8%), Vitamin D: 0.51µg (3.39%), Vitamin K: 3.51µg (3.34%)