

Boxy Pancakes

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



337 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 american teaspoon baking powder sifted ()
- 4 servings butter for frying
- 8 fluid ounces buttermilk (225 to 300 millileters)
- 225 grams freshly potatoes cooked
- 225 grams potatoes raw peeled
- 8 ounces flour white generous (225 grams/)

Equipment

- bowl

frying pan

Directions

Watch how to make this recipe.

Peel the cooked potatoes while they are still hot, drop into a bowl and mash immediately. Grate the raw potatoes, add to the mashed potatoes with the flour and sifted bread soda.

Mix well, and add enough buttermilk to make a stiff batter.

Heat a frying pan, grease with butter and cook large or small pancakes in the usual way. Eat them straight from the pan with butter, crispy rashers or pure Irish honey.

Note: This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The FN chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

*Note: an Irish tablespoon is the same quantity as an American tablespoon plus a teaspoon.

Nutrition Facts


■ PROTEIN 12.01% ■ FAT 9.22% ■ CARBS 78.77%

Properties

Glycemic Index:103.88, Glycemic Load:46.6, Inflammation Score:-6, Nutrition Score:15.356086844983%

Flavonoids

Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 336.88kcal (16.84%), Fat: 3.43g (5.27%), Saturated Fat: 1.75g (10.97%), Carbohydrates: 65.82g (21.94%), Net Carbohydrates: 61.82g (22.48%), Sugar: 3.92g (4.35%), Cholesterol: 8.66mg (2.89%), Sodium: 83.04mg (3.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.04g (20.07%), Vitamin B1: 0.56mg (37.53%), Folate: 124.75µg (31.19%), Selenium: 21.76µg (31.08%), Manganese: 0.56mg (28.06%), Vitamin C: 22.16mg (26.86%), Vitamin B2: 0.42mg (24.6%), Vitamin B3: 4.59mg (22.93%), Iron: 3.53mg (19.63%), Vitamin B6: 0.38mg (18.91%), Phosphorus: 177.24mg (17.72%), Potassium: 614.38mg (17.55%), Fiber: 4.01g (16.02%), Magnesium: 44.3mg (11.07%), Copper: 0.22mg (10.9%), Calcium: 93.93mg (9.39%), Vitamin B5: 0.81mg (8.07%), Zinc: 0.95mg (6.33%), Vitamin D: 0.77µg (5.13%), Vitamin B12: 0.27µg (4.56%), Vitamin A: 124.82IU (2.5%), Vitamin K: 2.56µg (2.43%)