

Christmas Lefse

 Vegetarian  Gluten Free  Low Fod Map

READY IN



515 min.

SERVINGS



12

CALORIES



171 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter melted
- 5 pounds potatoes peeled
- 1 tablespoon salt

Equipment

- bowl
- frying pan
- pot
- grill

kitchen towels

spatula

Directions

Place potatoes and salt into a pot and fill with enough water to cover. Bring to a boil and cook until potatoes can be easily pierced with a fork.

Drain and transfer to a large bowl. Measure in the butter and cream and mash until completely smooth. Cover and refrigerate overnight.

Use your hands to shape the potato mixture into four even logs about 6 inches long.

Cut each log into 4 or 5 pieces. Using just enough flour to keep the dough from sticking, roll out each portion as thinly as possible. Flip the dough over frequently and add more flour as needed.

Adding too much flour can make the lefse tough so be careful.

Heat a lefse grill or griddle over medium heat. Cook one at a time until the lefse are golden brown with darker brown bubbles on each side, flipping over once. Use a flat lefse turner if you have one. Stack finished lefse on a plate or tray and cover with a tea towel to keep them from drying out. Once the lefse are completely cool, wrap in plastic to keep it moist.

Nutrition Facts



PROTEIN 8.82% **FAT 15.51%** **CARBS 75.67%**

Properties

Glycemic Index:11.15, Glycemic Load:24.17, Inflammation Score:-4, Nutrition Score:9.4439130571225%

Flavonoids

Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 170.62kcal (8.53%), Fat: 3.01g (4.63%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 33.02g (11.01%), Net Carbohydrates: 28.86g (10.5%), Sugar: 1.48g (1.64%), Cholesterol: 7.53mg (2.51%), Sodium: 615.21mg (26.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Vitamin C: 37.23mg (45.13%), Vitamin B6: 0.56mg (27.88%), Potassium: 796.64mg (22.76%), Fiber: 4.16g (16.63%), Manganese: 0.29mg (14.53%), Magnesium: 43.55mg (10.89%), Phosphorus: 108.57mg (10.86%), Copper: 0.2mg (10.23%), Vitamin B1: 0.15mg (10.09%), Vitamin B3: 1.99mg (9.97%), Iron: 1.48mg (8.22%), Folate: 30.34µg (7.59%), Vitamin B5: 0.56mg (5.63%), Zinc: 0.55mg

(3.68%), Vitamin K: 3.84µg (3.65%), Vitamin B2: 0.06mg (3.63%), Calcium: 23.88mg (2.39%), Vitamin A: 91.24IU (1.82%)