



Crispy neeps 'n' tatties cake



Gluten Free



Low Fod Map

READY IN



80 min.

SERVINGS



6

CALORIES



421 kcal

Ingredients

- ☐ 1 large rutabaga peeled cut into chunks
- ☐ 4 baking potatoes peeled cut into chunks
- ☐ 50 g butter
- ☐ 6 servings unrefined sunflower oil for greasing
- ☐ 8 slices pancetta thin

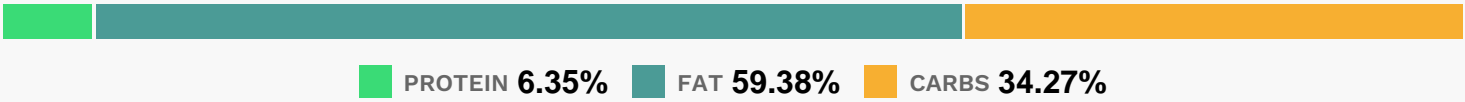
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐
- Boil the swede and potatoes in salted water for about 20 mins until completely tender, then drain well. Return to the pan under a very low heat for a few mins to dry out. Off the heat, bash the veg into a chunky mash with half the butter, a touch of salt and lots of pepper.
- ☐
- Heat oven to 220C/200C fan/gas
- ☐
- Grease an ovenproof frying pan with a splash of oil and line the pan with the pancetta so it meets in the middle (like the stripes on the Union Flag). Press the veg into the dish (you can get up to this stage up to a day ahead and keep in the fridge). Dot with the remaining butter, then bake for about 40 mins until crisp and golden.
- ☐
- Remove from the oven, turn out onto a board and cut into wedges.

Nutrition Facts



Properties

Glycemic Index:34.46, Glycemic Load:26.04, Inflammation Score:-5, Nutrition Score:14.739565206611%

Flavonoids

Apigenin: 4.95mg, Apigenin: 4.95mg, Apigenin: 4.95mg, Apigenin: 4.95mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 2.74mg, Myricetin: 2.74mg, Myricetin: 2.74mg, Myricetin: 2.74mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 421.14kcal (21.06%), Fat: 28.49g (43.83%), Saturated Fat: 8.22g (51.36%), Carbohydrates: 36.99g (12.33%), Net Carbohydrates: 32.19g (11.71%), Sugar: 6.62g (7.36%), Cholesterol: 30.24mg (10.08%), Sodium: 199.7mg (8.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.71%), Vitamin C: 40.26mg (48.8%), Vitamin E: 6.43mg (42.83%), Vitamin B6: 0.67mg (33.42%), Potassium: 1023.53mg (29.24%), Manganese: 0.39mg (19.68%), Fiber: 4.81g (19.22%), Vitamin B1: 0.28mg (18.95%), Phosphorus: 175.17mg (17.52%), Vitamin B3: 3.12mg (15.62%), Magnesium: 60.8mg (15.2%), Folate: 47.15µg (11.79%), Iron: 1.87mg (10.36%), Copper: 0.2mg (9.76%), Calcium: 76.72mg (7.67%), Selenium: 5.3µg (7.58%), Vitamin B5: 0.75mg (7.46%), Vitamin B2: 0.12mg (6.84%), Zinc: 0.95mg (6.32%), Vitamin A: 219.15IU (4.38%), Vitamin K: 4.28µg (4.08%), Vitamin B12: 0.11µg (1.79%)