



Fried Irish Potato Farls



Vegetarian



Vegan



Dairy Free

READY IN



8 min.

SERVINGS



2

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon olive oil or as needed
- ☐ 4 potato bread farls prepared
- ☐ 1 pinch salt

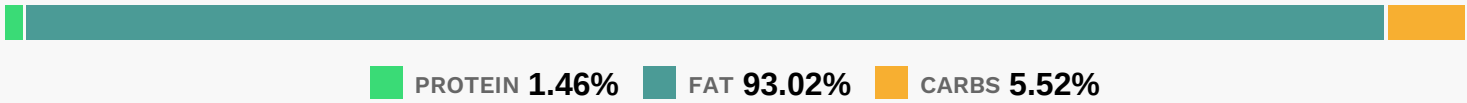
Equipment

- ☐ frying pan

Directions

Heat oil in a skillet over medium heat. Gently fry potato farls for 2 to 3 minutes on each sideor until golden brown. Season with salt and serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.69521739422951%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 67.2kcal (3.36%), Fat: 7.06g (10.87%), Saturated Fat: 0.97g (6.04%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.19g (0.21%), Cholesterol: 0mg (0%), Sodium: 27.02mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin E: 1.02mg (6.78%), Vitamin K: 4.35µg (4.14%)