



Irish Boxty



Vegetarian



Popular

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READY IN

ready

30 min.

SERVINGS

servings

6

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CALORIES

calories

234 kcal

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SIDE DISH

Ingredients

- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup olive oil
- ☐ 1 cup potatoes leftover mashed
- ☐ 1.5 cups potatoes raw grated
- ☐ 6 servings salt and pepper to taste
- ☐ 1 tablespoon skim milk

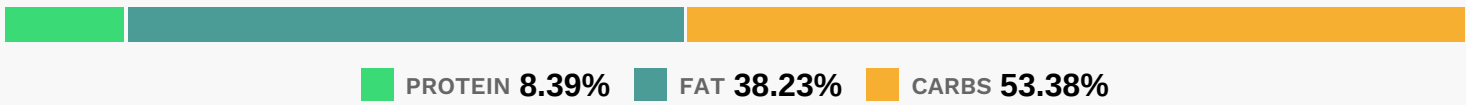
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Toss the grated potatoes with flour in a large bowl. Stir in mashed potatoes until combined. In a separate bowl, whisk together the egg and skim milk; mix into the potatoes. Season to taste with salt and pepper.
- ☐ Heat the olive oil in a large skillet over medium-high heat. Drop in the potato mixture, forming patties about 2 inches in diameter. Fry on both sides until golden brown, 3 to 4 minutes per side.
- ☐ Drain on a paper towel-lined plate.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:45.96, Glycemic Load:22.73, Inflammation Score:-3, Nutrition Score:8.5395651459694%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 234.1kcal (11.71%), Fat: 9.98g (15.36%), Saturated Fat: 1.53g (9.55%), Carbohydrates: 31.36g (10.45%), Net Carbohydrates: 28.87g (10.5%), Sugar: 0.89g (0.99%), Cholesterol: 27.35mg (9.12%), Sodium: 211.07mg (9.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.86%), Vitamin C: 17.24mg (20.89%), Vitamin B1: 0.24mg (15.86%), Vitamin B6: 0.28mg (14.06%), Manganese: 0.28mg (13.93%), Folate: 55.62µg (13.91%), Selenium: 9.63µg (13.75%), Potassium: 405.09mg (11.57%), Vitamin B3: 2.16mg (10.8%), Iron: 1.83mg (10.16%), Fiber: 2.49g (9.95%), Vitamin B2: 0.17mg (9.86%), Vitamin E: 1.39mg (9.29%), Phosphorus: 89.57mg (8.96%), Vitamin K: 7.16µg (6.82%), Copper: 0.13mg (6.5%), Magnesium: 25.89mg (6.47%), Vitamin B5: 0.47mg (4.72%), Zinc: 0.51mg (3.37%), Calcium: 21.24mg (2.12%), Vitamin B12: 0.08µg (1.33%), Vitamin D: 0.17µg (1.16%)