

Irish Potato Cake

READY IN



110 min.

SERVINGS



10

CALORIES



546 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 teaspoons ground cloves
- ☐ 2 teaspoons ground nutmeg
- ☐ 0.8 cup milk
- ☐ 2 cups potatoes cooked mashed
- ☐ 1 cup raisins

- ☐ 0.1 teaspoon salt
- ☐ 0.7 cup shortening
- ☐ 1 cup walnuts chopped
- ☐ 2 cups sugar white

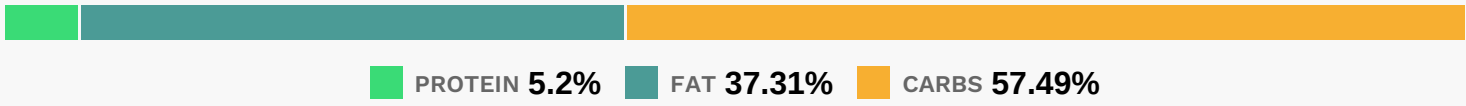
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ kugelhopf pan

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C). Grease and flour a 10 inch Bundt pan. Sift together the flour, baking powder, salt, cinnamon, cloves and nutmeg. Set aside.
- ☐ In a large bowl, cream together the shortening and sugar until light and fluffy. Beat in the eggs one at a time.
- ☐ Add the flour mixture alternately with the potatoes and milk. Stir in nuts and raisins.
- ☐ Pour into a 10 inch Bundt pan.
- ☐ Bake in the preheated oven for 90 to 120 minutes, or until a toothpick inserted into the cake comes out clean.

Nutrition Facts



Properties

Glycemic Index:51.26, Glycemic Load:53.98, Inflammation Score:-4, Nutrition Score:12.440434772035%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 545.76kcal (27.29%), Fat: 23.41g (36.01%), Saturated Fat: 4.95g (30.91%), Carbohydrates: 81.16g (27.05%), Net Carbohydrates: 77.36g (28.13%), Sugar: 41.67g (46.29%), Cholesterol: 34.93mg (11.64%), Sodium: 142.79mg (6.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.35g (14.69%), Manganese: 1mg (49.99%), Vitamin B1: 0.3mg (20.31%), Selenium: 12.6µg (18%), Folate: 68.93µg (17.23%), Copper: 0.33mg (16.38%), Phosphorus: 157.26mg (15.73%), Fiber: 3.8g (15.21%), Vitamin B2: 0.26mg (15.01%), Iron: 2.57mg (14.27%), Vitamin B6: 0.25mg (12.7%), Potassium: 422.56mg (12.07%), Vitamin B3: 2.25mg (11.27%), Vitamin C: 9.24mg (11.2%), Magnesium: 43.47mg (10.87%), Calcium: 106.59mg (10.66%), Vitamin K: 9.23µg (8.79%), Vitamin E: 1.09mg (7.23%), Vitamin B5: 0.61mg (6.07%), Zinc: 0.9mg (6.02%), Vitamin B12: 0.18µg (2.95%), Vitamin D: 0.38µg (2.52%), Vitamin A: 82.57IU (1.65%)