



Irish Potato Farls



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



189 kcal

SIDE DISH

Ingredients



1 tablespoon butter melted



4 medium potatoes peeled halved



1 pinch salt

Equipment



bowl



frying pan



knife



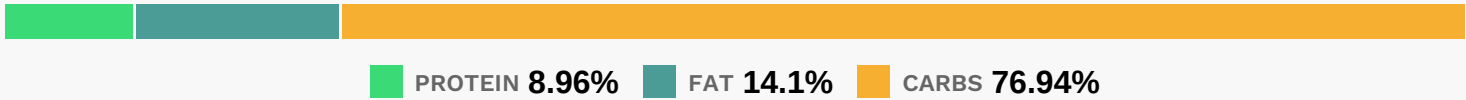
pot

- ☐ potato masher
- ☐ rolling pin

Directions

- ☐ In a pot, cover potatoes with water and bring to a boil over high heat. Simmer on medium-high heat until the center of the potatoes are tender when pricked with a fork, about 20 minutes. Turn off heat.
- ☐ Drain, return potatoes to pot and allow to completely dry out over remaining heat. Mash with a potato masher until smooth.
- ☐ Place warm mashed potato in medium bowl. Stir in flour, salt and melted butter.
- ☐ Mix lightly until dough forms.
- ☐ On a well floured surface, knead the dough lightly. The dough will be sticky. Use a floured rolling pin to flatten into a 9 inch circle about 1/4 inch thick.
- ☐ Cut into quarters using a floured knife.
- ☐ Sprinkle a little flour into the base of the skillet and cook the farls for 3 minutes on each side or until evenly browned. Season with a little salt and serve straight away.

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:27.24, Inflammation Score:-4, Nutrition Score:10.61739123807%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 189.1kcal (9.46%), Fat: 3.03g (4.66%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 37.21g (12.4%), Net Carbohydrates: 32.53g (11.83%), Sugar: 1.66g (1.85%), Cholesterol: 7.53mg (2.51%), Sodium: 44.97mg (1.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.33g (8.66%), Vitamin C: 41.96mg (50.86%), Vitamin B6: 0.63mg (31.42%), Potassium: 897.57mg (25.64%), Fiber: 4.69g (18.74%), Manganese: 0.33mg (16.3%), Magnesium: 49.06mg (12.27%), Phosphorus: 122.25mg (12.23%), Copper: 0.23mg (11.5%), Vitamin B1: 0.17mg (11.37%), Vitamin B3: 2.25mg (11.23%), Iron: 1.66mg (9.23%), Folate: 34.19µg (8.55%), Vitamin B5: 0.63mg (6.34%), Zinc: 0.62mg (4.14%),

Vitamin K: 4.29µg (4.09%), Vitamin B2: 0.07mg (4.08%), Calcium: 26.41mg (2.64%), Vitamin A: 91.72IU (1.83%)