



Onion-Topped Potato & Rutabaga Cakes (Neeps and Tattie Cakes)



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



88 kcal

DESSERT

Ingredients

- ☐ 2 tablespoon balsamic vinegar
- ☐ 2 tablespoon brown sugar packed
- ☐ 1 tablespoon rosemary fresh finely chopped for tin
- ☐ 1 pound klondike gold dust idaho potatoes grated
- ☐ 12 servings kosher salt and pepper as needed freshly ground
- ☐ 2 tablespoon red wine vinegar
- ☐ 1 pound rutabaga grated

☐ 4 tablespoon butter unsalted softened plus more for tin

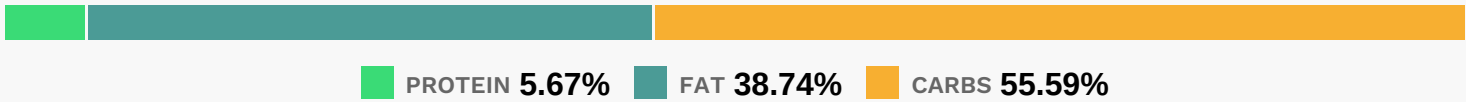
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ muffin tray

Directions

- ☐ Preheat oven to 400 degrees.Generously butter each cup of a standard 12 compartment muffin tin.
- ☐ Sprinkle each cup with pinch of salt, pepper, and ½ teaspoon sugar; drizzle each cup with ½ teaspoon of each kind of vinegar.
- ☐ Place a rosemary sprig tip decoratively in the center of each cup. lay an an onion round flatly on top; set aside.Toss potatoes and rutabagas with chopped rosemary and egg yolks in a medium bowl; season with ½ teaspoon pepper and 2 teaspoons salt. Divide mixture among cups; dot each with some butter.
- ☐ Bake until potatoes are tender and well browned, about 30 minutes.
- ☐ Remove from oven.
- ☐ Let cool 5 minutes. Run a thin knife around edge of each cup to loosen; invert, and serve warm.

Nutrition Facts



Properties

Glycemic Index:17.23, Glycemic Load:7.32, Inflammation Score:-2, Nutrition Score:3.5334782768851%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 0.02mg,

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 87.95kcal (4.4%), Fat: 3.89g (5.98%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 11.16g (4.06%), Sugar: 4.26g (4.74%), Cholesterol: 10.03mg (3.34%), Sodium: 202.15mg (8.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin C: 11.65mg (14.13%), Vitamin B6: 0.17mg (8.49%), Potassium: 281.81mg (8.05%), Manganese: 0.12mg (5.85%), Fiber: 1.38g (5.54%), Vitamin B1: 0.07mg (4.35%), Phosphorus: 42.84mg (4.28%), Magnesium: 17.1mg (4.28%), Folate: 13.57µg (3.39%), Vitamin B3: 0.66mg (3.31%), Iron: 0.55mg (3.05%), Copper: 0.05mg (2.72%), Calcium: 25.47mg (2.55%), Vitamin A: 122.63IU (2.45%), Vitamin B5: 0.18mg (1.83%), Vitamin B2: 0.03mg (1.73%), Vitamin E: 0.23mg (1.5%), Zinc: 0.21mg (1.4%), Vitamin K: 1.12µg (1.07%)