



Oven-baked rösti cake

 Gluten Free

READY IN



110 min.

SERVINGS



6

CALORIES



413 kcal

Ingredients

- ☐ 5 rashers streaky bacon
- ☐ 1.5 kg maris piper potato peeled
- ☐ 5 tbsp olive oil
- ☐ 1 small onion
- ☐ 6 servings butter for greasing

Equipment

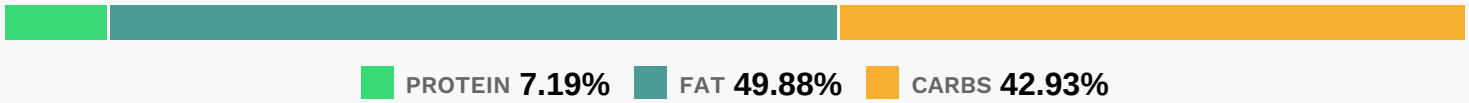
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

- ☐ oven
- ☐ cake form

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Dry-fry the bacon in a pan for 5 mins until crisp, then chop into small pieces. Boil the whole potatoes for 5 mins, drain, then place in a bowl of chilled water.
- ☐ When cool enough to handle, pat the potatoes dry and roughly grate into a large bowl. Toss with the oil as you go, to stop them from sticking. Roughly grate the onion and squeeze out any excess juice, then stir into the potatoes along with the bacon.
- ☐ Place a baking sheet in the oven for 5 mins to warm through. Liberally grease a 23cm loose-bottomed cake tin with butter. Scatter the potato over the tin, trying not to pack it down, then dot all over the top with butter.
- ☐ Place on the hot baking sheet and bake in the oven for 1 hr 20 mins until the potatoes are cooked through and crisp on top.

Nutrition Facts



Properties

Glycemic Index:26.79, Glycemic Load:32.21, Inflammation Score:-5, Nutrition Score:14.70869576931%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 412.6kcal (20.63%), Fat: 23.23g (35.75%), Saturated Fat: 6.69g (41.8%), Carbohydrates: 45g (15%), Net Carbohydrates: 39.3g (14.29%), Sugar: 2.45g (2.72%), Cholesterol: 22.85mg (7.62%), Sodium: 169.22mg (7.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.07%), Vitamin C: 50.11mg (60.74%), Vitamin B6: 0.8mg (40.02%), Potassium: 1107.15mg (31.63%), Fiber: 5.7g (22.79%), Manganese: 0.4mg (19.98%), Phosphorus: 173.48mg (17.35%), Vitamin B1: 0.26mg (17.08%), Vitamin B3: 3.39mg (16.94%), Magnesium: 60.97mg (15.24%), Copper: 0.28mg (14.11%), Vitamin E: 1.9mg (12.68%), Iron: 2.12mg (11.76%), Vitamin K: 12.17µg (11.59%), Folate: 42.37µg

(10.59%), Vitamin B5: 0.86mg (8.62%), Selenium: 4.54µg (6.49%), Zinc: 0.97mg (6.44%), Vitamin B2: 0.1mg (5.86%), Calcium: 34.92mg (3.49%), Vitamin A: 136.97IU (2.74%), Vitamin B12: 0.1µg (1.67%)