



Potato scones

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



291 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 250 g potatoes cut into cubes
- ☐ 200 g flour plain
- ☐ 1 tsp double-acting baking powder
- ☐ 50 g butter for frying melted
- ☐ 3 tbsp milk
- ☐ 2 eggs beaten
- ☐ 2 tsp cooking oil for frying

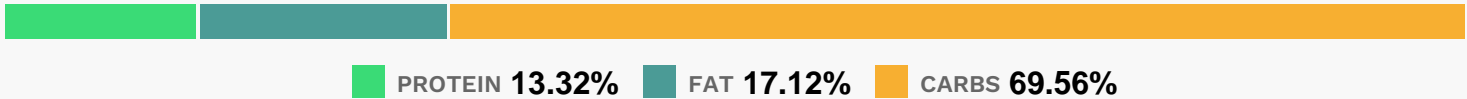
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Cook the potatoes in plenty of salted simmering water until tender.
- ☐ Drain well and mash. Sift the flour and baking powder into a bowl, add the butter, milk, eggs, mash and plenty of seasoning and mix to a sticky dough.
- ☐ Heat some butter and a little oil in a large frying pan. Fry dollops of the mixture as you would Scotch pancakes for 3 mins on each side until browned. You may need to do this in 2 batches so keep the fried ones warm in the oven.
- ☐ Serve with crisp bacon and grated mature cheddar, or blue cheese and a drizzle of honey.

Nutrition Facts



Properties

Glycemic Index:84.69, Glycemic Load:36.09, Inflammation Score:-6, Nutrition Score:12.897391407386%

Flavonoids

Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 290.85kcal (14.54%), Fat: 5.48g (8.42%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 50.08g (16.69%), Net Carbohydrates: 47.35g (17.22%), Sugar: 1.25g (1.39%), Cholesterol: 88.57mg (29.52%), Sodium: 178.24mg (7.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.18%), Selenium: 24.13µg (34.48%), Vitamin B1: 0.46mg (30.52%), Folate: 111.92µg (27.98%), Vitamin B2: 0.38mg (22.58%), Manganese: 0.44mg (22.17%), Iron: 3.32mg (18.44%), Vitamin B3: 3.64mg (18.2%), Phosphorus: 170.34mg (17.03%), Vitamin C: 12.31mg (14.92%), Vitamin B6: 0.25mg (12.54%), Calcium: 109.33mg (10.93%), Fiber: 2.73g (10.91%), Potassium: 364.69mg (10.42%), Vitamin B5: 0.79mg (7.86%), Copper: 0.16mg (7.78%), Magnesium: 29.73mg (7.43%), Zinc: 0.86mg (5.76%), Vitamin B12: 0.26µg (4.35%), Vitamin A: 200.75IU (4.01%), Vitamin D: 0.56µg (3.76%), Vitamin E: 0.41mg (2.73%), Vitamin K: 1.93µg (1.84%)