



Wild mushroom & potato cake



Vegetarian



Gluten Free

READY IN



125 min.

SERVINGS



8

CALORIES



260 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 100 g the following: parmesan rind) dried
- ☐ 140 g butter
- ☐ 2 garlic clove finely chopped
- ☐ 1 kg potatoes

Equipment

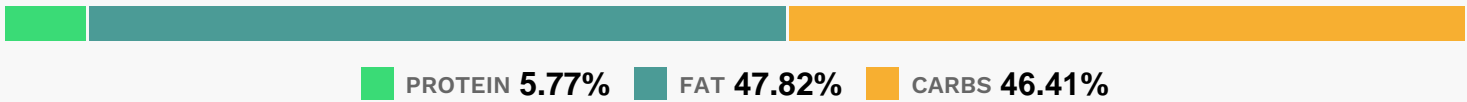
- ☐ bowl
- ☐ frying pan
- ☐ oven

- ☐ knife
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ tip the mushrooms into a bowl and pour over boiling water to just cover them. Leave to cool, then drain (reserve the stock for another time), squeezing out excess liquid.
- ☐ Heat about a fifth of the butter in a pan and stew the garlic over a low heat for 3–4 mins. Throw in the mushrooms and continue to cook for 15–20 mins until tender. Season well and set aside.
- ☐ Peel and slice the potatoes (don't wash them, as the starch holds the cake together). Butter a 20cm ovenproof pan, then overlap a layer of potatoes on the bottom. Build up the cake with layers of potato, scatterings of mushroom, dots of butter and seasoning, finishing with a layer of potatoes. Cover with foil and bake for 50–60 mins, until a knife slides into the cake easily.
- ☐ Remove from the oven, run a knife around the outside to make sure it doesn't stick, then leave to relax for at least 5 mins. Carefully invert onto a baking tray, cool and keep in the fridge. To serve, heat in the oven until piping hot and cut into wedges.

Nutrition Facts



Properties

Glycemic Index:20.47, Glycemic Load:16.06, Inflammation Score:-5, Nutrition Score:12.904347751452%

Flavonoids

Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 259.84kcal (12.99%), Fat: 14.43g (22.2%), Saturated Fat: 9.06g (56.6%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 27.31g (9.93%), Sugar: 1.27g (1.41%), Cholesterol: 37.63mg (12.54%), Sodium: 121.78mg (5.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Copper: 0.78mg (39.14%), Vitamin B5: 3.13mg (31.29%), Vitamin C: 25.3mg (30.66%), Vitamin B6: 0.5mg (24.96%), Potassium: 725.21mg (20.72%), Manganese:

0.35mg (17.54%), Fiber: 4.2g (16.81%), Vitamin B3: 3.09mg (15.46%), Vitamin B2: 0.21mg (12.09%), Magnesium: 45.79mg (11.45%), Phosphorus: 113.35mg (11.33%), Folate: 40.92µg (10.23%), Vitamin B1: 0.14mg (9.32%), Selenium: 6.42µg (9.17%), Zinc: 1.34mg (8.96%), Vitamin A: 439.89IU (8.8%), Iron: 1.21mg (6.7%), Vitamin K: 3.61µg (3.44%), Vitamin D: 0.49µg (3.25%), Vitamin E: 0.42mg (2.79%), Calcium: 21.93mg (2.19%)