






Irish Boxty



30 m  6 servings  227 cal 

Recipe By: Brooke Elizabeth

"Boxty is a traditional Irish dish made of potatoes. An old Irish rhyme goes: 'Boxty on the griddle, boxty on the pan; if you can't make boxty, you'll never get a man!'"

Ingredients

1 1/2 cups grated raw potatoes	1 tablespoon skim milk
1 cup all-purpose flour	salt and pepper to taste
1 cup leftover mashed potatoes	1/4 cup olive oil
1 egg	

Directions

- 1 Toss the grated potatoes with flour in a large bowl. Stir in mashed potatoes until combined. In a separate bowl, whisk together the egg and skim milk; mix into the potatoes. Season to taste with salt and pepper.
- 2 Heat the olive oil in a large skillet over medium-high heat. Drop in the potato mixture, forming patties about 2 inches in diameter. Fry on both sides until golden brown, 3 to 4 minutes per side. Drain on a paper towel-lined plate. Serve warm.

Total Fat: 10.3g	16 %
Saturated Fat: 2.0g	
Cholesterol: 32mg	11 %
Sodium: 121mg	5 %
Potassium: 305mg	9 %
Total Carbohydrates: 29g	9 %
Dietary Fiber: 1.9g	8 %
Protein: 4.7g	9 %
Sugars: 1g	
Vitamin A: 53IU	
Vitamin C: 10mg	
Calcium: 24mg	
Iron: 2mg	
Thiamin: 0mg	
Niacin: 3mg	
Vitamin B6: 0mg	
Magnesium: 21mg	
Folate: 51mcg	