


POTATO BRAID

 Low protein diet

Kcal Hypercaloric

 Breads and Doughs

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INGREDIENTS

RECIPE FOR 4 PEOPLE

- 300g low protein flour
- 150g potato
- 20g extra virgin olive oil
- 6g Ioprosin yeast
- 200ml water
- Salt

NUTRITIONAL VALUES (PER SERVING)

- Protein (brut) (g): 1.43 (Kcal 1.7 %)
- Lipids total (g): 5.3 (Kcal 14 %):
- Carbohydrates (g) 68.38 (Kcal 83 %)
- Energy (Kcal): 326
- Polyunsaturates (g): 0.54
- Tryptophane (mg): 10.8
- Leucine (mg): 41.2
- Lysine (mg) 41.6
- Methionine (mg): 10.8
- Phenylalanine (mg): 45.4

METHOD

- Cook the potatoes and when they have cooled, make a puree.
- Dissolve the yeast in tepid water and then add the other ingredients until you get a smooth dough, which can be worked.
- Form 3 cylinders with the dough, about 30 cm long. Braid them and then tuck in the ends. Put the dough on a piece of greaseproof paper and let it rest for 30 minutes.
- Heat the oven to 200°C and bake for 30 minutes. When it is done, paint it with oil diluted in water and put it under the grill for a minute. Remove from the oven when it is golden.



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