



Traditional Irish Potato Bread

POTATO BREAD

Potatoes:

Low in fat, high in soluble and insoluble fibre which helps to keep you full and satisfied for longer. They are a great source of energy needed for your daily activities, thinking, movement, digestion and cellular renewal. They are high in immune boost Vitamin C which is also a component of collagen so good for skin elasticity and health. They are also high in the minerals Potassium, Magnesium and Iron and B Vitamins especially B6 which is required to make the neurotransmitters necessary for regulation of moods and feelings of wellbeing.

Wheat Flour:

High in fibre to remove fats and cholesterol, proteins, B-Vitamins for the nervous system, Calcium and Phosphorus - good for bone health.

Butter:

Butter when eaten in moderation as part of a wholefoods balance diet can have a wonderful positive impact on your health. It's rich in the most easily absorbable form of Vitamin A necessary for thyroid and adrenal health, has anti fungal properties, contains lecithin essential for brain health and cholesterol metabolism, is rich in anti oxidants, a rich source of Vitamin E and K, the minerals Selenium and Iodine also necessary for thyroid health, it is rich in Vitamin D and has anti-cancer properties.

Salt:

Salt is a necessary ingredient in bread, it is also a natural preservative. There are various forms of salt, we use a good un-iodised salt. Processed breads are unhealthy as they use high amounts of salt. Our breads are low salt so they're a really good option for people who are looking to make healthier choices.

Prefer gluten free?

We also make our potato bread Gluten free, using the flours from our GF bread listed below.

NUTRITION INFORMATION

Servings per package: 250.00

Serving size: 125.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	2060 kJ	1650 kJ
Protein	8.3 g	6.6 g
Fat, total	23.3 g	18.6 g
- saturated	14.6 g	11.7 g
Carbohydrate	59.5 g	47.6 g
- sugars	0.9 g	0.7 g
Sodium	1360 mg	1090 mg