



5:2 Diet - Moroccan Style Potato Bake = 233 calories



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



208 kcal

SIDE DISH

Ingredients

- ☐ 2 garlic cloves peeled finely sliced
- ☐ 1 tsp ground cumin
- ☐ 1 tsp ground ginger
- ☐ 1 tbsp olive oil
- ☐ 750 g potatoes cut in half or quarters, depending on the size
- ☐ 1 simple preserved lemons finely chopped
- ☐ 1 onion red halved thinly sliced

- ☐ 250 g roasted peppers drained sliced
- ☐ 1 tsp paprika smoked hot
- ☐ 2 tbsp tomato purée
- ☐ 1 tbsp citrus champagne vinegar

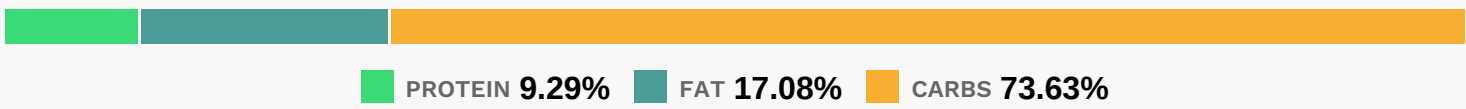
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Put the potatoes and vegetable stock in a large saucepan. Bring to the boil and cook, covered, for 12 minutes until tender but firm.
- ☐ Meanwhile, preheat the oven to 230°C (450°F), Gas Mark 8 and heat the olive oil in a large, deep-sided, ovenproof frying pan over a medium-low heat.
- ☐ Add the onion and fry gently for 3–4 minutes, then add the garlic and cook for a further 3–4 minutes until softened and lightly coloured.
- ☐ Stir into the onion mix the preserved lemon, roasted peppers, the spices, tomato purée, vinegar and a little salt and pepper. Cook gently for 2 minutes.
- ☐ Drain the cooked potatoes, reserving 400 ml of the liquid, then add the potatoes and reserved stock to the pan. Bring up to the boil, then put the pan in oven and bake for 14–16 minutes until golden (I cooked it for about 25 minutes).
- ☐ Remove from the oven and serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.19, Glycemic Load:24.71, Inflammation Score:-7, Nutrition Score:15.363043505213%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg

Nutrients (% of daily need)

Calories: 208.41kcal (10.42%), Fat: 4.1g (6.31%), Saturated Fat: 0.61g (3.78%), Carbohydrates: 39.81g (13.27%), Net Carbohydrates: 33.98g (12.36%), Sugar: 3.12g (3.46%), Cholesterol: 0mg (0%), Sodium: 872.14mg (37.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Vitamin C: 69.42mg (84.14%), Vitamin B6: 0.74mg (37.09%), Manganese: 0.64mg (31.86%), Potassium: 989.68mg (28.28%), Fiber: 5.83g (23.31%), Copper: 0.33mg (16.62%), Iron: 2.75mg (15.28%), Magnesium: 58.8mg (14.7%), Phosphorus: 137.96mg (13.8%), Vitamin B3: 2.6mg (12.98%), Vitamin B1: 0.19mg (12.55%), Vitamin A: 622.99IU (12.46%), Folate: 46.5µg (11.63%), Vitamin B5: 0.67mg (6.71%), Calcium: 65.18mg (6.52%), Vitamin K: 6.51µg (6.2%), Vitamin B2: 0.1mg (6.05%), Vitamin E: 0.85mg (5.66%), Zinc: 0.81mg (5.42%), Selenium: 1.47µg (2.09%)