



HEALTH SCORE

54%

Bay & potato sticks



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 32 small baby potatoes (1kg 2lb 4oz)
- ☐ 16 bay leaf fresh
- ☐ 3 tsp olive oil
- ☐ 16 celery stalks cold for 20 minutes

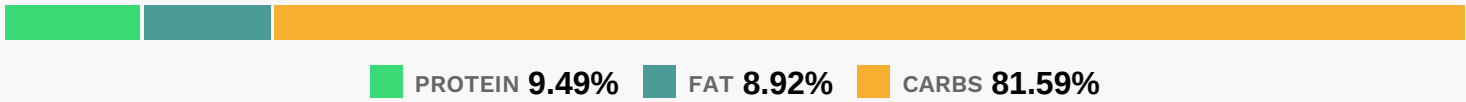
Equipment

- ☐ oven
- ☐ skewers

Directions

- ☐ Heat oven to 200C/180C/gas
- ☐ Boil the potatoes for 10 mins until almost cooked through, drain well, then allow to cool a little. Carefully push 2 potatoes and 1 bay leaf onto each skewer and rub each with a little olive oil. Can be prepared up to a day ahead.
- ☐ Put potatoes on a roasting tray, then season. Roast for 10–15 mins, till golden and tender.

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:28.68, Inflammation Score:-4, Nutrition Score:11.58782609131%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 189.14kcal (9.46%), Fat: 1.92g (2.95%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 34.41g (12.51%), Sugar: 1.85g (2.06%), Cholesterol: 0mg (0%), Sodium: 19.92mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.19%), Vitamin C: 44.47mg (53.9%), Vitamin B6: 0.67mg (33.51%), Potassium: 964.91mg (27.57%), Fiber: 5.11g (20.43%), Manganese: 0.37mg (18.36%), Magnesium: 52.64mg (13.16%), Phosphorus: 129.83mg (12.98%), Copper: 0.25mg (12.28%), Vitamin B1: 0.18mg (12.06%), Vitamin B3: 2.39mg (11.95%), Iron: 1.86mg (10.33%), Folate: 39.08µg (9.77%), Vitamin K: 7.62µg (7.25%), Vitamin B5: 0.68mg (6.83%), Vitamin B2: 0.08mg (4.53%), Zinc: 0.67mg (4.45%), Calcium: 31.76mg (3.18%), Vitamin E: 0.29mg (1.91%), Vitamin A: 52.77IU (1.06%), Selenium: 0.71µg (1.01%)