



Boulangère potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



190 kcal

SIDE DISH

Ingredients



2 onion thinly sliced



9 servings thyme sprigs



2 tbsp olive oil



1.5 kg potatoes such as maris piper or desirée, peeled and sliced thinly, by hand or using a food processor



425 ml vegetable stock

Equipment

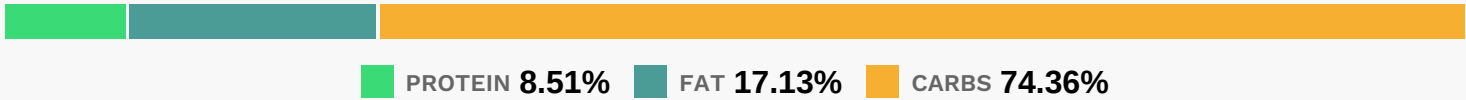


oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Fry the onions and thyme sprigs in the oil until softened and lightly coloured (about 5 mins).
- ☐ Spread a layer of potatoes over the base of a 1.5-litre oiled gratin dish.
- ☐ Sprinkle over a few onions (see picture, above) and continue layering, finishing with a layer of potatoes.
- ☐ Pour over the stock and bake for 50-60 mins until the potatoes are cooked and the top is golden and crisp.

Nutrition Facts



Properties

Glycemic Index:25.09, Glycemic Load:24.9, Inflammation Score:-8, Nutrition Score:10.6099999957292%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg, Kaempferol: 1.68mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg

Nutrients (% of daily need)

Calories: 190.09kcal (9.5%), Fat: 3.72g (5.72%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 36.28g (12.09%), Net Carbohydrates: 31.53g (11.46%), Sugar: 3.08g (3.42%), Cholesterol: 0mg (0%), Sodium: 223.59mg (9.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.31%), Vitamin C: 40.77mg (49.42%), Vitamin B6: 0.59mg (29.5%), Potassium: 836.41mg (23.9%), Fiber: 4.75g (19%), Manganese: 0.34mg (17.08%), Magnesium: 47.67mg (11.92%), Phosphorus: 116.04mg (11.6%), Copper: 0.22mg (10.97%), Vitamin B1: 0.16mg (10.88%), Vitamin B3: 2.03mg (10.14%), Iron: 1.74mg (9.65%), Folate: 35.73µg (8.93%), Vitamin B5: 0.59mg (5.93%), Vitamin K: 5.78µg (5.5%), Vitamin B2: 0.07mg (4.28%), Zinc: 0.61mg (4.07%), Vitamin E: 0.53mg (3.52%), Vitamin A: 170.15IU (3.4%), Calcium: 33.42mg (3.34%)