



Buttery roast thyme potatoes



Vegetarian



Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

Ingredients

- ☐ 6 servings potato or anya such as charlotte
- ☐ 2 tbsp olive oil
- ☐ 3 large onion finely sliced
- ☐ 4 sprigs thyme leaves chopped
- ☐ 85 g butter melted

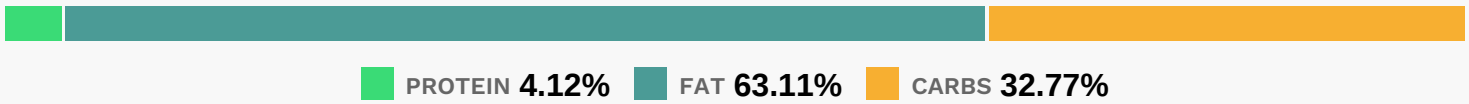
Equipment

- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 160C/fan 140C/gas
- ☐ Slice the potatoes into rounds the thickness of a 1 coin.
- ☐ Heat the oil in a large saucepan and add the onions, season with a little salt, lots of pepper and the thyme. Cook gently for about 15 mins until softened.
- ☐ Generously butter a large roasting tin and arrange a layer of potatoes over the base, overlapping each slice with a sprinkling of onions.
- ☐ Drizzle with a little of the melted butter and season. Continue layering, drizzling with butter, sprinkling with onions and seasoning until all the potatoes have been used, finishing with a top layer of potatoes. Cook in the top of the oven for 1 hr the potatoes should be meltingly soft and the top golden and crusty.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:1.58, Inflammation Score:-8, Nutrition Score:6.0339130383471%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 15.71mg, Quercetin: 15.71mg, Quercetin: 15.71mg, Quercetin: 15.71mg

Nutrients (% of daily need)

Calories: 226kcal (11.3%), Fat: 16.35g (25.15%), Saturated Fat: 7.99g (49.92%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 16.46g (5.98%), Sugar: 4.16g (4.62%), Cholesterol: 30.46mg (10.15%), Sodium: 107.75mg (4.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Vitamin C: 13.07mg (15.84%), Potassium: 458.26mg (13.09%), Vitamin B6: 0.22mg (11.01%), Manganese: 0.21mg (10.7%), Fiber: 2.64g (10.57%), Vitamin A: 392.45IU (7.85%), Phosphorus: 71.61mg (7.16%), Folate: 28.48µg (7.12%), Vitamin E: 1.02mg (6.82%), Copper: 0.13mg (6.67%), Vitamin B1: 0.1mg (6.42%), Magnesium: 25.35mg (6.34%), Vitamin K: 6.28µg (5.98%), Vitamin B3: 0.97mg (4.83%), Iron: 0.85mg (4.72%), Vitamin B5: 0.32mg (3.2%), Calcium: 30.9mg (3.09%), Vitamin B2: 0.05mg (3.03%), Zinc: 0.4mg (2.67%), Selenium: 0.89µg (1.27%)