



Chunky barbecue potato slices



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



267 kcal

SIDE DISH

Ingredients

- ☐ 4 large potatoes unpeeled
- ☐ 8 servings little olive oil
- ☐ 3 sprigs rosemary stripped fresh
- ☐ 2 garlic cloves very finely sliced

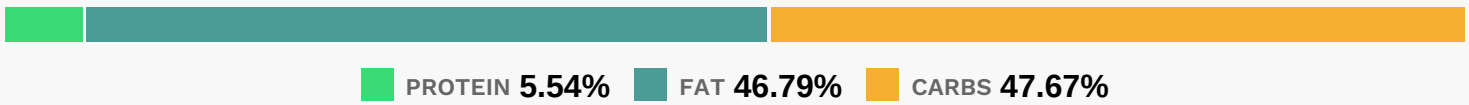
Equipment

- ☐ frying pan

Directions

- ☐ Slice the potatoes to the thickness of your little finger, discarding the rounded end pieces. Tip into a pan of cold salted water and bring to the boil. Simmer for 3 mins until just cooked, then drain. This can be done a day ahead.
- ☐ Rub each slice with a little oil and barbecue until golden and charred on each side.
- ☐ Place in a dish and sprinkle with rosemary and garlic, if using.
- ☐ Drizzle with a little more olive oil, season with salt and serve.

Nutrition Facts



Properties

Glycemic Index:14.22, Glycemic Load:23.66, Inflammation Score:-4, Nutrition Score:10.148695657111%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 266.99kcal (13.35%), Fat: 14.17g (21.8%), Saturated Fat: 1.98g (12.39%), Carbohydrates: 32.49g (10.83%), Net Carbohydrates: 28.41g (10.33%), Sugar: 1.45g (1.61%), Cholesterol: 0mg (0%), Sodium: 11.49mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.55%), Vitamin C: 36.59mg (44.35%), Vitamin B6: 0.55mg (27.69%), Potassium: 780.14mg (22.29%), Fiber: 4.08g (16.32%), Manganese: 0.3mg (14.76%), Vitamin E: 2.04mg (13.57%), Vitamin K: 11.95µg (11.38%), Magnesium: 42.66mg (10.66%), Phosphorus: 106.34mg (10.63%), Copper: 0.2mg (10.08%), Vitamin B1: 0.15mg (9.94%), Vitamin B3: 1.95mg (9.75%), Iron: 1.53mg (8.52%), Folate: 29.58µg (7.4%), Vitamin B5: 0.55mg (5.51%), Zinc: 0.54mg (3.63%), Vitamin B2: 0.06mg (3.52%), Calcium: 23.76mg (2.38%)