



Cider fondant potatoes



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



276 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 medium floury potatoes such as maris piper
- ☐ 25 g butter
- ☐ 2 tbsp olive oil
- ☐ 2 garlic cloves
- ☐ 3 sprigs thyme leaves
- ☐ 300 ml cider
- ☐ 300 ml chicken stock see

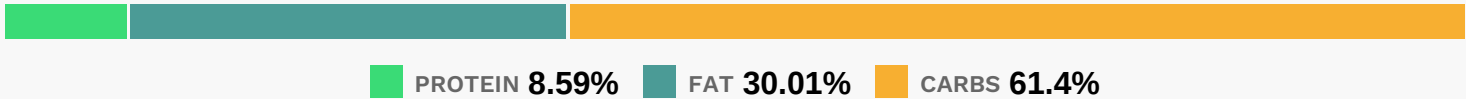
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Peel potatoes and trim the two longer sides so potatoes lie flat on both sides.
- ☐ Heat butter and oil in a frying pan large enough to hold all of the potatoes. When the fat is hot, fry on both sides until dark golden, around 10–15 mins, then add garlic.
- ☐ Pour in enough cider and stock to go halfway up the side of the potatoes. Simmer for 20 mins, then turn and cook the other side for 20 mins. Top up with cider and stock if the liquid evaporates.
- ☐ Transfer to oven for 10 mins at 180C/160C/ gas 4 once the pork is resting, until cooked through and most of the liquid has evaporated.

Nutrition Facts



Properties

Glycemic Index:34.79, Glycemic Load:27.36, Inflammation Score:-7, Nutrition Score:12.042174012441%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 275.84kcal (13.79%), Fat: 8.86g (13.63%), Saturated Fat: 3.01g (18.79%), Carbohydrates: 40.78g (13.59%), Net Carbohydrates: 36g (13.09%), Sugar: 3.8g (4.22%), Cholesterol: 10.48mg (3.49%), Sodium: 114.41mg (4.97%), Alcohol: 2.49g (100%), Alcohol %: 0.98% (100%), Protein: 5.71g (11.42%), Vitamin C: 43.17mg (52.33%), Vitamin B6: 0.67mg (33.68%), Potassium: 958.09mg (27.37%), Fiber: 4.78g (19.11%), Manganese: 0.35mg (17.56%), Vitamin B3: 3.06mg (15.32%), Phosphorus: 138.16mg (13.82%), Copper: 0.26mg (13.16%), Magnesium: 52.15mg (13.04%), Vitamin B1: 0.19mg (12.71%), Iron: 1.9mg (10.55%), Folate: 37µg (9.25%), Vitamin K: 7.27µg (6.92%), Vitamin B2: 0.12mg (6.83%), Vitamin B5: 0.64mg (6.43%), Vitamin E: 0.81mg (5.37%), Zinc: 0.71mg (4.75%), Calcium: 31.96mg (3.2%), Selenium: 1.94µg (2.77%), Vitamin A: 133.75IU (2.68%)