

COOK

with JAMIE

Cook the Book: April's Rosemary Straw Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

Ingredients



1 lemon zest



1.8 lb potatoes peeled cut into fine matchsticks



3 sprigs rosemary leaves fresh leaves picked



4 tablespoons sea salt



4 servings unrefined sunflower oil

Equipment



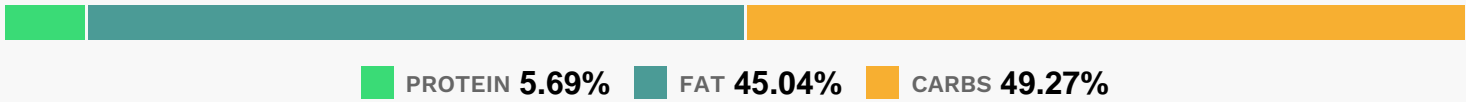
frying pan

- ☐ paper towels
- ☐ mortar and pestle
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Bash and mix together the lemon zest with the salt in a mortar and pestle until salt is flavored, colored, and fine.
- ☐ Place in a dish. Use whatever you need right away or allow it to dry out for a couple of hours before storing it.
- ☐ Heat 2 to 3 inches of sunflower oil in a sturdy pan; bring to deep-frying temperature (350°F; to avoid oil catching fire, be sure to maintain its temperature at 350°F).
- ☐ Pat the julienne strips dry with some paper towels to remove any excess starch. Making sure you've got a slotted spoon or spider (which is like a flat colander with a handle) and a big pile of paper towels to one side, carefully place some of your potatoes into the pan of oil (don't overcrowd it) for a couple of minutes until golden brown and crisp. Cook potatoes in batches until they are all used up.
- ☐ Add the rosemary for the last 30 seconds.
- ☐ Remove the potatoes and rosemary to the paper towels to soak up any excess oil; dust with your lemon salt.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:25.38, Inflammation Score:-4, Nutrition Score:11.744347780295%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 277.37kcal (13.87%), Fat: 14.19g (21.83%), Saturated Fat: 1.43g (8.97%), Carbohydrates: 34.92g (11.64%), Net Carbohydrates: 30.39g (11.05%), Sugar: 1.61g (1.79%), Cholesterol: 0mg (0%), Sodium: 6988.46mg (303.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.07%), Vitamin C: 41.05mg (49.75%), Vitamin E: 5.77mg (38.5%), Vitamin B6: 0.59mg (29.41%), Potassium: 839.8mg (23.99%), Fiber: 4.54g (18.14%), Manganese: 0.32mg (16.12%), Magnesium: 46.12mg (11.53%), Phosphorus: 113.34mg (11.33%), Copper: 0.22mg (11.07%), Vitamin B1: 0.16mg (10.65%), Vitamin B3: 2.1mg (10.49%), Iron: 1.62mg (9.02%), Folate: 32.03µg (8.01%), Vitamin B5: 0.59mg (5.93%), Vitamin K: 4.53µg (4.31%), Zinc: 0.6mg (3.99%), Vitamin B2: 0.06mg (3.81%), Calcium: 30.38mg (3.04%)