



Cook the Book: Potatoes Girarrosto-Style



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 4 baking potatoes
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 2 medium onion sliced cut in half and

- ☐ 0.3 teaspoon pepper red
- ☐ 0.5 teaspoon sea salt
- ☐ 1 tablespoon thyme sprigs fresh

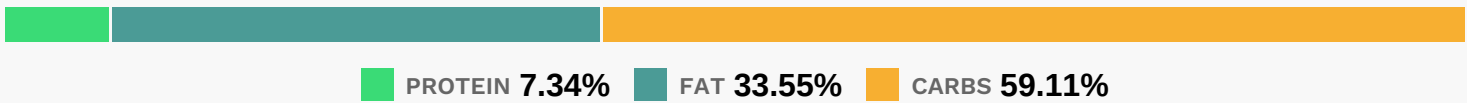
Equipment

- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ stove

Directions

- ☐ When the potatoes are cool, roughly cut them into large chunks with a small knife.
- ☐ Remove the pan from the oven (leaving the oven on) and cook over high heat on the stovetop for 2 minutes to caramelize the potatoes and onions, being sure to shake the pan or stir the contents every 30 seconds or so to avoid burning.
- ☐ Return the pan to the oven and continue baking for another 5 to 10 minutes, pulling the pan out periodically to shake the potatoes around with a spoon. Bits of potato on the bottom of the pan will brown up so they look almost like hash browns. Scrape these little flavor-and-crispiness bombs off the bottom and mix them in with the rest of the potatoes. When the potatoes are finished baking, they will be golden and crispy, with lots of brown bits.
- ☐ Remove the pan from the oven and return it to the stove over medium-high heat.
- ☐ Add the garlic, butter, red pepper flakes, rosemary, and thyme. Stir, and season very liberally with salt and pepper. The potatoes should be crispy and crunchy on the outside, soft on the inside—think Italian hash browns. Cook for a few more minutes so the flavors meld.
- ☐ Remove the pan from the heat and add the chopped parsley.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:75.19, Glycemic Load:31.75, Inflammation Score:-9, Nutrition Score:15.326521705674%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 8.16mg, Apigenin: 8.16mg, Apigenin: 8.16mg, Apigenin: 8.16mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 11.21mg, Quercetin: 11.21mg, Quercetin: 11.21mg, Quercetin: 11.21mg

Nutrients (% of daily need)

Calories: 295.99kcal (14.8%), Fat: 11.42g (17.58%), Saturated Fat: 4.46g (27.85%), Carbohydrates: 45.29g (15.1%), Net Carbohydrates: 41.02g (14.92%), Sugar: 3.72g (4.13%), Cholesterol: 15.05mg (5.02%), Sodium: 353.5mg (15.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.24%), Vitamin K: 69.67µg (66.35%), Vitamin B6: 0.84mg (42.15%), Vitamin C: 24.81mg (30.08%), Potassium: 1018.2mg (29.09%), Manganese: 0.5mg (25.13%), Fiber: 4.27g (17.06%), Magnesium: 60.73mg (15.18%), Iron: 2.62mg (14.58%), Phosphorus: 143.15mg (14.32%), Vitamin B1: 0.21mg (13.97%), Copper: 0.27mg (13.38%), Vitamin A: 629.77IU (12.6%), Vitamin B3: 2.39mg (11.94%), Folate: 47.64µg (11.91%), Vitamin B5: 0.76mg (7.59%), Vitamin E: 1.05mg (7.01%), Vitamin B2: 0.1mg (6.12%), Calcium: 61.14mg (6.11%), Zinc: 0.83mg (5.52%), Selenium: 1.55µg (2.22%)