



Crispy baked potatoes with spring onions



Vegetarian



Gluten Free

READY IN



180 min.

SERVINGS



6

CALORIES



313 kcal

SIDE DISH

Ingredients

- ☐ 1.5 kg potatoes
- ☐ 4 tbsp olive oil for drizzling
- ☐ 6 spring onion thinly sliced
- ☐ 1 tbsp thyme sprigs fresh
- ☐ 2 tbsp cup heavy whipping cream
- ☐ 4 tbsp cream

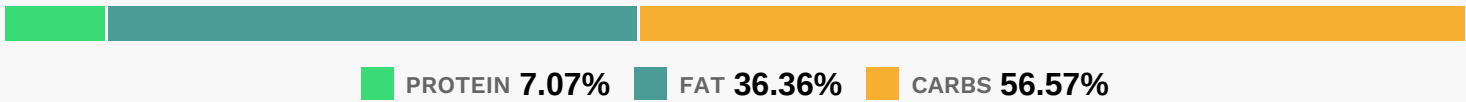
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 140C/120C fan/gas
- ☐ Bake the potatoes for 2 hrs until soft to the middle (alongside the pork is fine).
- ☐ Toss the potatoes with the olive oil, most of the spring onions, thyme and plenty of seasoning in a slightly-too-small roasting tin. Use the back of a fish slice or similar to squash the potatoes into a flat-ish compact cake. Chill until ready to finish, for up to a day.
- ☐ Heat oven to 220C/200C fan/gas 7 (when the pork comes out).
- ☐ Drizzle the spuds with a little more oil and roast for 30-40 mins until golden and crisp.
- ☐ Mix the salad cream and soured cream, drizzle over, then scatter with remaining spring onions and more seasoning, and serve.

Nutrition Facts



Properties

Glycemic Index:26.79, Glycemic Load:32.21, Inflammation Score:-9, Nutrition Score:15.513043358274%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg, Kaempferol: 2.16mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 312.86kcal (15.64%), Fat: 12.96g (19.93%), Saturated Fat: 3.32g (20.75%), Carbohydrates: 45.35g (15.12%), Net Carbohydrates: 39.38g (14.32%), Sugar: 2.65g (2.94%), Cholesterol: 10.37mg (3.46%), Sodium: 21.04mg (0.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.34%), Vitamin C: 53.48mg (64.82%), Vitamin B6: 0.75mg (37.7%), Vitamin K: 35.49µg (33.8%), Potassium: 1107.57mg (31.64%), Fiber: 5.98g (23.9%), Manganese: 0.42mg (21.13%), Magnesium: 62.92mg (15.73%), Phosphorus: 157.16mg (15.72%), Copper: 0.29mg (14.42%), Vitamin B1: 0.21mg (13.98%), Vitamin B3: 2.73mg (13.65%), Iron: 2.39mg (13.3%), Folate: 48.88µg (12.22%), Vitamin E: 1.51mg (10.08%), Vitamin B5: 0.79mg (7.93%), Vitamin B2: 0.12mg (6.94%), Vitamin A: 303.41IU (6.07%), Zinc: 0.83mg (5.54%), Calcium: 54.84mg (5.48%), Selenium: 1.27µg (1.81%)