



Crispy new potato bake

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



70 min.

SERVINGS



4

CALORIES



397 kcal

SIDE DISH

Ingredients

- 1 kg potatoes
- 1 handful capers
- 2 handfuls olives black
- 1 tbsp thyme leaves
- 1 small bunch rosemary
- 6 tbsp olive oil extra virgin extra-virgin
- 1 tbsp citrus champagne vinegar

Equipment

bowl

oven

Directions

Heat oven to 240C/220C fan/gas

Boil the potatoes until the softer side of cooked, about 12 mins.

Drain, slice in half, then tip into a bowl. Tip the capers, olives and herbs on top of the potatoes, then add most of the oil and a little seasoning. Stir together, lightly crushing the potatoes.

Line a medium Swiss roll-type tin with baking parchment, leaving some hanging over the sides. Tip the potatoes into the tin and flatten down.

Mix the vinegar and remaining oil, drizzle over the potatoes, then bake for 40 mins until golden.

Nutrition Facts



PROTEIN 5.2% **FAT 50.65%** **CARBS 44.15%**

Properties

Glycemic Index:49.69, Glycemic Load:32.13, Inflammation Score:-9, Nutrition Score:14.883043527603%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 396.83kcal (19.84%), Fat: 22.86g (35.17%), Saturated Fat: 3.21g (20.07%), Carbohydrates: 44.83g (14.94%), Net Carbohydrates: 38.53g (14.01%), Sugar: 2.01g (2.23%), Cholesterol: 0mg (0%), Sodium: 179.05mg (7.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.56%), Vitamin C: 52.39mg (63.5%), Vitamin B6: 0.76mg (37.77%), Potassium: 1073.9mg (30.68%), Fiber: 6.3g (25.18%), Vitamin E: 3.43mg (22.88%), Manganese: 0.42mg (21.19%), Vitamin K: 17.59µg (16.76%), Magnesium: 62.73mg (15.68%), Copper: 0.3mg (14.79%), Phosphorus: 145.43mg (14.54%), Iron: 2.59mg (14.38%), Vitamin B1: 0.21mg (13.7%), Vitamin B3: 2.7mg (13.49%), Folate: 42.68µg (10.67%), Vitamin B5: 0.75mg (7.5%), Vitamin B2: 0.09mg (5.38%), Zinc: 0.78mg (5.19%), Calcium: 49.22mg (4.92%), Vitamin A: 143.43IU (2.87%), Selenium: 0.87µg (1.24%)