



## Crispy Potato Roast

 Vegetarian  Gluten Free

READY IN



135 min.

SERVINGS



8

CALORIES



273 kcal

SIDE DISH

### Ingredients

- 3 tablespoons butter unsalted melted
- 3 tablespoons olive oil extra virgin extra-virgin
- 4 pounds baking potatoes peeled
- 4 shallots sliced lengthwise
- 1 serving coarse salt
- 8 sprigs thyme leaves

### Equipment

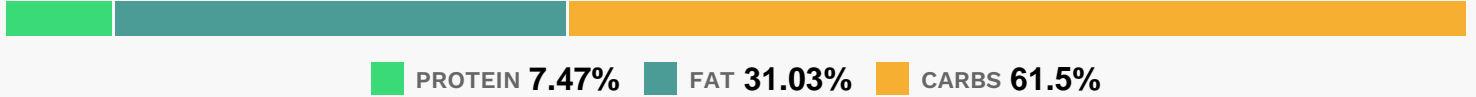
- bowl

- oven
- knife
- baking pan
- mandoline

## Directions

- Preheat oven to 375 degrees. In a small bowl, combine butter and oil.
- Brush bottom of a round 9-inch baking dish with some butter mixture. With a sharp knife or mandoline, slice potatoes very thinly crosswise.
- Arrange potato slices vertically in dish. Wedge shallots throughout.
- Sprinkle with salt and red-pepper flakes (if using); brush with remaining butter mixture.
- Bake 1 1/4 hours.
- Add thyme and bake until potatoes are cooked through with a crisp top, about 35 minutes more.

## Nutrition Facts



## Properties

Glycemic Index:19.97, Glycemic Load:32.79, Inflammation Score:-8, Nutrition Score:10.88999995071%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg

## Nutrients (% of daily need)

Calories: 273.23kcal (13.66%), Fat: 9.72g (14.95%), Saturated Fat: 3.49g (21.79%), Carbohydrates: 43.33g (14.44%), Net Carbohydrates: 39.84g (14.49%), Sugar: 2.39g (2.66%), Cholesterol: 11.29mg (3.76%), Sodium: 37.84mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.53%), Vitamin B6: 0.83mg (41.46%), Potassium: 994.9mg (28.43%), Manganese: 0.41mg (20.5%), Vitamin C: 15.53mg (18.82%), Magnesium: 56.49mg (14.12%), Fiber: 3.49g (13.95%), Phosphorus: 134.56mg (13.46%), Vitamin B1: 0.19mg (12.95%), Iron: 2.31mg (12.81%), Copper: 0.25mg (12.55%), Vitamin B3: 2.39mg (11.96%), Folate: 36.61µg (9.15%), Vitamin K: 7.71µg (7.34%), Vitamin B5: 0.73mg (7.29%), Vitamin E: 0.91mg (6.04%), Vitamin B2: 0.08mg (4.93%), Zinc: 0.73mg (4.87%), Calcium: 39.49mg (3.95%), Vitamin A: 181.48IU (3.63%), Selenium: 1.11µg (1.59%)