



## Crispy Twice Cooked New Potatoes with Garlic Aioli

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



577 kcal

SIDE DISH

### Ingredients

- 4 servings pepper black freshly ground
- 4 servings chives chopped for garnish
- 1 jumbo egg yolk
- 2 heads garlic
- 1 juice of lemon juiced
- 4 servings kosher salt
- 20 new potatoes

- 0.5 cup olive oil extra-virgin
- 4 servings olive oil extra-virgin
- 4 servings salt and pepper
- 0.3 cup cup heavy whipping cream sour
- 1 sprig thyme leaves
- 4 servings vegetable oil for deep-frying
- 1 tablespoon water

## Equipment

- frying pan
- paper towels
- oven
- pot
- blender
- aluminum foil

## Directions

- Preheat oven to 400 degrees F.
- Lay potatoes out in a single layer on a sheet pan.
- Drizzle with olive oil and season with salt and pepper. Toss the potatoes around so they are evenly coated and pop in the oven to roast for 35 to 40 minutes until tender.
- Cut a heads of garlic through the middle, horizontally, and put in a foil pouch with olive oil, thyme, water, and salt and pepper. Seal the pouch around the edges and roast in the oven with the potatoes - this will be used for the aioli.
- When the potatoes are done and warm enough to handle make an X cut on 1 side of the potato and then squeeze gently from the bottom to form a flower-like shape.
- Heat a pot of oil for deep frying to 350 degrees F and fry the potatoes until crispy and golden.
- Drain on paper towels and season with kosher salt.
- Remove the garlic from the pouch and squeeze out the flesh.
- Add the roasted garlic, egg, lemon juice, salt and pepper in a blender and process.

Pour in the olive oil in a slow, steady stream until the aioli emulsifies. Fold in sour cream and adjust seasoning with salt and pepper.

Garnish with chives.

## Nutrition Facts

**PROTEIN 5.21%** **FAT 57.5%** **CARBS 37.29%**

### Properties

Glycemic Index:58.94, Glycemic Load:37.14, Inflammation Score:-7, Nutrition Score:20.347826040309%

### Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

### Nutrients (% of daily need)

Calories: 577.12kcal (28.86%), Fat: 37.74g (58.06%), Saturated Fat: 6.79g (42.41%), Carbohydrates: 55.06g (18.35%), Net Carbohydrates: 48.5g (17.64%), Sugar: 3.05g (3.39%), Cholesterol: 57.08mg (19.03%), Sodium: 414.1mg (18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.39%), Vitamin C: 63.54mg (77.02%), Vitamin B6: 1.03mg (51.36%), Vitamin K: 45.52µg (43.36%), Potassium: 1271.62mg (36.33%), Manganese: 0.69mg (34.46%), Vitamin E: 4.16mg (27.75%), Fiber: 6.56g (26.25%), Phosphorus: 211.1mg (21.11%), Copper: 0.36mg (17.84%), Magnesium: 71.05mg (17.76%), Vitamin B1: 0.27mg (17.71%), Vitamin B3: 3.08mg (15.41%), Iron: 2.74mg (15.25%), Folate: 55.33µg (13.83%), Vitamin B5: 1.11mg (11.11%), Vitamin B2: 0.16mg (9.21%), Selenium: 5.9µg (8.43%), Calcium: 82.64mg (8.26%), Zinc: 1.14mg (7.61%), Vitamin A: 217.71IU (4.35%), Vitamin B12: 0.12µg (1.97%), Vitamin D: 0.24µg (1.62%)