



Crunchy potatoes with dill & onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



262 kcal

SIDE DISH

Ingredients

- ☐ 1.5 kg potatoes cut into roughly 1in chunks
- ☐ 3 tbsp olive oil
- ☐ 1 onion thinly sliced
- ☐ 1 small bunch optional: dill roughly chopped

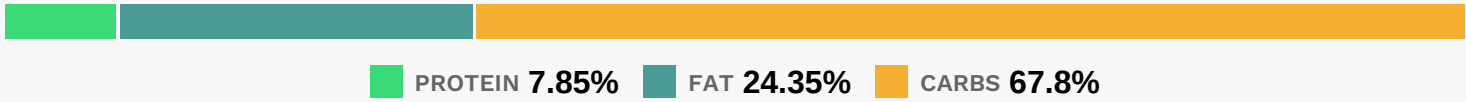
Equipment

- ☐ frying pan
- ☐ oven
- ☐ colander

Directions

- ☐ Bring a large pan of salted water to the boil.
- ☐ Add spuds, bring back to the boil, then cook for 3 mins.
- ☐ Drain really well, leave in the colander for 10 mins to steam dry. Toss with the oil, onion and seasoning in a large roasting tin.
- ☐ Heat oven to 220C/200C fan/gas 7 and put in the potatoes. Roast for 30 mins, stirring halfway, until golden and crunchy. Stir in the dill and put back in the oven for 5 mins, then serve.

Nutrition Facts



Properties

Glycemic Index:20.96, Glycemic Load:32.35, Inflammation Score:-5, Nutrition Score:13.272173928178%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

Nutrients (% of daily need)

Calories: 261.79kcal (13.09%), Fat: 7.25g (11.15%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 45.4g (15.13%), Net Carbohydrates: 39.58g (14.39%), Sugar: 2.73g (3.03%), Cholesterol: 0mg (0%), Sodium: 15.98mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.51%), Vitamin C: 50.75mg (61.51%), Vitamin B6: 0.76mg (37.99%), Potassium: 1080.57mg (30.87%), Fiber: 5.82g (23.26%), Manganese: 0.41mg (20.41%), Magnesium: 59.42mg (14.86%), Phosphorus: 147.93mg (14.79%), Vitamin B1: 0.21mg (13.9%), Copper: 0.28mg (13.87%), Vitamin B3: 2.66mg (13.29%), Iron: 2.04mg (11.33%), Folate: 43.73µg (10.93%), Vitamin K: 9.04µg (8.61%), Vitamin B5: 0.76mg (7.63%), Vitamin E: 1.04mg (6.91%), Zinc: 0.76mg (5.05%), Vitamin B2: 0.09mg (5.03%), Calcium: 34.63mg (3.46%), Selenium: 0.84µg (1.2%)