



## Crunchy roast potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



105 min.

SERVINGS



8

CALORIES



635 kcal

SIDE DISH

## Ingredients

- ☐ 20 potatoes such as king edwards, peeled and halved if large
- ☐ 200 g goose fat
- ☐ 8 servings salt

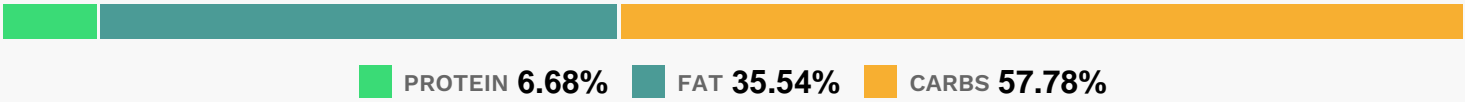
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ stove

# Directions

- ☐ Boil the potatoes for 10 mins, then drain. Rough up their surfaces with a fork or by shaking them in the pan with the lid on.
- ☐ Melt the goose fat in a large, thickbottomed roasting tin on top of the stove. Tip in the potatoes carefully and turn them until they are evenly coated in the fat.
- ☐ Place on the top shelf of the oven (move the turkey down a shelf if necessary) and roast for 1-1 hrs, turning every now and then, until crisp and golden.
- ☐ Sprinkle with salt to serve.

## Nutrition Facts



## Properties

Glycemic Index:10.47, Glycemic Load:68.1, Inflammation Score:-7, Nutrition Score:25.231304519202%

## Flavonoids

Kaempferol: 4.26mg, Kaempferol: 4.26mg, Kaempferol: 4.26mg, Kaempferol: 4.26mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

## Nutrients (% of daily need)

Calories: 635.03kcal (31.75%), Fat: 25.43g (39.12%), Saturated Fat: 7.06g (44.15%), Carbohydrates: 93.03g (31.01%), Net Carbohydrates: 81.31g (29.57%), Sugar: 4.15g (4.62%), Cholesterol: 25mg (8.33%), Sodium: 225.74mg (9.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.76g (21.51%), Vitamin C: 104.9mg (127.15%), Vitamin B6: 1.57mg (78.54%), Potassium: 2241.86mg (64.05%), Fiber: 11.72g (46.86%), Manganese: 0.82mg (40.76%), Magnesium: 122.48mg (30.62%), Phosphorus: 303.52mg (30.35%), Copper: 0.58mg (28.76%), Vitamin B1: 0.43mg (28.4%), Vitamin B3: 5.61mg (28.06%), Iron: 4.16mg (23.08%), Folate: 85.2µg (21.3%), Vitamin B5: 1.58mg (15.76%), Zinc: 1.54mg (10.3%), Vitamin B2: 0.17mg (10.02%), Vitamin K: 10.12µg (9.64%), Calcium: 64.02mg (6.4%), Vitamin E: 0.73mg (4.86%), Selenium: 1.65µg (2.35%)