



Fondant potatoes



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 1 kg new potatoes evenly sized
- ☐ 25 g butter
- ☐ 100 ml vegetable stock
- ☐ 2 tbsp olive oil
- ☐ 9 servings thyme sprigs

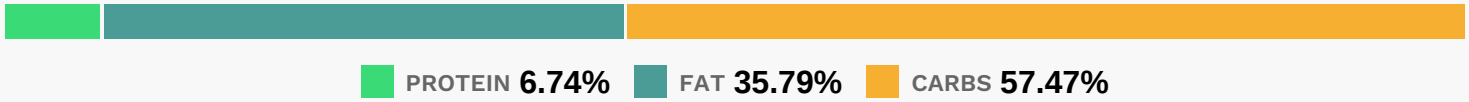
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Peel the potatoes and pat dry with kitchen paper.
- ☐ Heat the oil and butter in a flameproof dish, add the potatoes and brown all over. This will take about 5 mins.
- ☐ Season well, add the thyme sprigs and stock, and bring to the boil.
- ☐ Transfer the dish to the oven, uncovered.
- ☐ Cook for 25–30 mins until the potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:27.97, Glycemic Load:16.11, Inflammation Score:-8, Nutrition Score:6.8995651330637%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 151.35kcal (7.57%), Fat: 6.17g (9.49%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 19.37g (7.04%), Sugar: 1.08g (1.2%), Cholesterol: 6.72mg (2.24%), Sodium: 77.43mg (3.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.23%), Vitamin C: 26.43mg (32.03%), Vitamin B6: 0.37mg (18.64%), Potassium: 533.89mg (15.25%), Fiber: 2.91g (11.63%), Manganese: 0.21mg (10.53%), Magnesium: 30.61mg (7.65%), Phosphorus: 73.19mg (7.32%), Copper: 0.14mg (7.06%), Vitamin B1: 0.1mg (6.71%), Vitamin B3: 1.34mg (6.7%), Iron: 1.19mg (6.62%), Folate: 20.6µg (5.15%), Vitamin K: 4.7µg (4.48%), Vitamin E: 0.59mg (3.93%), Vitamin B5: 0.38mg (3.78%), Vitamin A: 160.49IU (3.21%), Vitamin B2: 0.05mg (2.73%), Zinc: 0.39mg (2.57%), Calcium: 20.34mg (2.03%)