



Garlicky fondant potatoes



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 1 tsp olive oil
- ☐ 50 g butter
- ☐ 2 garlic clove crushed
- ☐ 1500 g potatoes cut in half if large
- ☐ 1 l vegetable stock hot
- ☐ 2 sprigs thyme leaves

Equipment

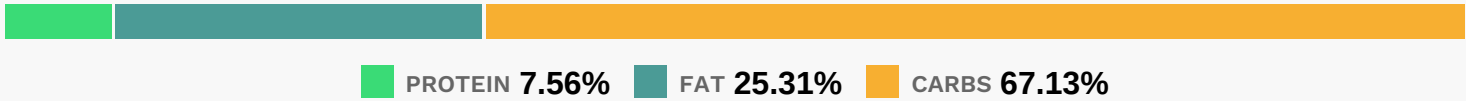
- ☐ oven

☐ stove

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Heat the oil and butter in a large roasting tin.
- ☐ Add the garlic and cook over a medium heat for 2 mins. Tip in the potatoes and toss to coat in the garlic butter and oil.
- ☐ Pour the stock over the potatoes and season with pepper and a little salt. Bring to the boil then transfer to the oven. Cook for 40–45 mins or until tender.
- ☐ Transfer to the stove-top and toss over a medium heat until most of the liquid has been absorbed and turned to a shiny glaze about 15 mins. Tip potatoes into a warm serving dish and scatter over the thyme and serve.

Nutrition Facts



Properties

Glycemic Index:31.72, Glycemic Load:24.78, Inflammation Score:-7, Nutrition Score:9.9243478282638%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 201.74kcal (10.09%), Fat: 5.81g (8.94%), Saturated Fat: 3.34g (20.88%), Carbohydrates: 34.66g (11.55%), Net Carbohydrates: 30.48g (11.08%), Sugar: 2.53g (2.81%), Cholesterol: 13.44mg (4.48%), Sodium: 548.24mg (23.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Vitamin C: 37.57mg (45.54%), Vitamin B6: 0.56mg (28.17%), Potassium: 795.41mg (22.73%), Fiber: 4.18g (16.7%), Manganese: 0.3mg (15.19%), Phosphorus: 109.79mg (10.98%), Magnesium: 43.84mg (10.96%), Copper: 0.21mg (10.31%), Vitamin B1: 0.15mg (10.13%), Vitamin B3: 1.99mg (9.94%), Vitamin A: 436.35IU (8.73%), Iron: 1.52mg (8.46%), Folate: 30.32µg (7.58%), Vitamin B5: 0.57mg (5.67%), Vitamin K: 4.35µg (4.14%), Vitamin B2: 0.06mg (3.77%), Zinc: 0.56mg (3.75%), Calcium: 26.38mg (2.64%), Vitamin E: 0.25mg (1.64%), Selenium: 0.73µg (1.05%)