



## Golden crunch potatoes

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



492 kcal

SIDE DISH

### Ingredients

- ☐ 2.5 kg potatoes
- ☐ 1 tsp turmeric
- ☐ 2 tbsp flour plain
- ☐ 1 tbsp polenta
- ☐ 1 large pinch paprika smoked hot (not or )
- ☐ 8 tbsp unrefined sunflower oil
- ☐ 8 tbsp goose fat
- ☐ 8 servings sea salt for sprinkling

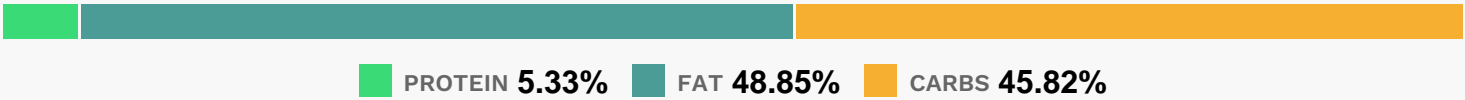
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

## Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Peel the potatoes and cut into large chunks or, if they are small enough, keep them whole.
- ☐ Place in a pan of salted water, add most of the turmeric, stir and bring to the boil. Turn down the heat and simmer the potatoes for 6 mins until the sides are fluffy.
- ☐ Drain well and leave to cool slightly.
- ☐ Mix the flour, polenta, paprika and remaining turmeric together in a large bowl, then toss through the potatoes until evenly coated in the flour mix.
- ☐ Put the oil and fat in a large roasting tin you want a layer of fat about 5mm deep, and put in the oven for 10 mins until shimmering hot. Carefully tip the potatoes into the hot fat and use a fish slice to turn them until evenly coated.
- ☐ Place in the oven and leave for 40 mins.
- ☐ Remove, turn the potatoes and return to the oven for another 20 mins until golden.
- ☐ Serve sprinkled with the salt.

## Nutrition Facts



## Properties

Glycemic Index:22.34, Glycemic Load:41.01, Inflammation Score:-9, Nutrition Score:17.749999942987%

## Flavonoids

Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

## Nutrients (% of daily need)

Calories: 492.37kcal (24.62%), Fat: 27.13g (41.74%), Saturated Fat: 5.02g (31.4%), Carbohydrates: 57.27g (19.09%), Net Carbohydrates: 50.22g (18.26%), Sugar: 2.47g (2.75%), Cholesterol: 12.8mg (4.27%), Sodium: 212.78mg (9.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.31%), Vitamin C: 61.63mg (74.71%), Vitamin B6: 0.93mg (46.61%), Vitamin E: 6.17mg (41.16%), Potassium: 1329.18mg (37.98%), Fiber: 7.05g (28.19%), Manganese: 0.52mg (25.81%), Magnesium: 73.38mg (18.35%), Phosphorus: 182.19mg (18.22%), Vitamin B1: 0.27mg (17.81%), Vitamin B3: 3.45mg (17.23%), Copper: 0.34mg (17.19%), Iron: 2.68mg (14.88%), Folate: 53.66µg (13.42%), Vitamin B5: 0.94mg (9.42%), Vitamin B2: 0.11mg (6.58%), Vitamin K: 6.84µg (6.51%), Zinc: 0.94mg (6.28%), Calcium: 38.72mg (3.87%), Selenium: 1.83µg (2.62%), Vitamin A: 70.49IU (1.41%)