



Golden potatoes & onions



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



268 kcal

SIDE DISH

Ingredients

- ☐ 25 g butter
- ☐ 4 onion halved finely sliced
- ☐ 3 sprigs thyme leaves
- ☐ 4 bay leaves
- ☐ 2 tbsp olive oil
- ☐ 600 g baby potatoes cooled cooked sliced
- ☐ 1 large handful parsley chopped finely

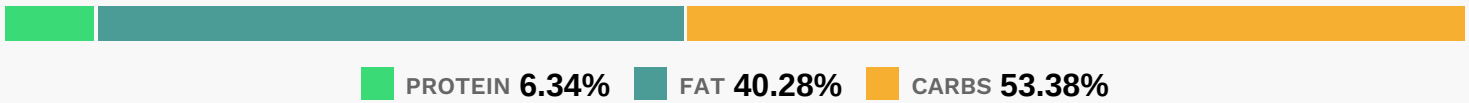
Equipment

☐ frying pan

Directions

- ☐ Heat the butter in a shallow pan and cook the onions with the thyme and bay for 20 mins until very soft, then turn up the heat to medium and cook for 5 mins more until sticky and golden.
- ☐ Add the olive oil to the pan, scatter in the potatoes and fry for about 10 mins until golden. They wont crisp because of the onions but you want them soft around the edges; add more oil to the pan if necessary. About 30 secs before serving toss through the parsley and season.

Nutrition Facts



Properties

Glycemic Index:59.44, Glycemic Load:21.5, Inflammation Score:-8, Nutrition Score:12.020434801993%

Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 23.38mg, Quercetin: 23.38mg, Quercetin: 23.38mg, Quercetin: 23.38mg

Nutrients (% of daily need)

Calories: 267.62kcal (13.38%), Fat: 12.34g (18.99%), Saturated Fat: 4.27g (26.69%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 31.47g (11.44%), Sugar: 5.85g (6.5%), Cholesterol: 13.44mg (4.48%), Sodium: 54.38mg (2.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Vitamin C: 40.27mg (48.81%), Vitamin B6: 0.58mg (29%), Vitamin K: 24.34µg (23.18%), Potassium: 804.31mg (22.98%), Fiber: 5.33g (21.34%), Manganese: 0.39mg (19.7%), Phosphorus: 120.39mg (12.04%), Magnesium: 47.44mg (11.86%), Folate: 47.13µg (11.78%), Vitamin B1: 0.17mg (11.48%), Copper: 0.21mg (10.55%), Iron: 1.68mg (9.32%), Vitamin B3: 1.74mg (8.7%), Vitamin E: 1.2mg (7.98%), Vitamin B5: 0.59mg (5.93%), Vitamin A: 287.45IU (5.75%), Calcium: 50.12mg (5.01%), Vitamin B2: 0.08mg (4.99%), Zinc: 0.66mg (4.37%), Selenium: 1.07µg (1.52%)