



HEALTH SCORE

73%

Hasselback roasties



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



85 min.

SERVINGS



8

CALORIES



319 kcal

SIDE DISH

Ingredients



2.5 kg potatoes such as desirée, peeled



5 tbsp unrefined sunflower oil



9 servings thyme sprigs

Equipment



oven



knife



skewers



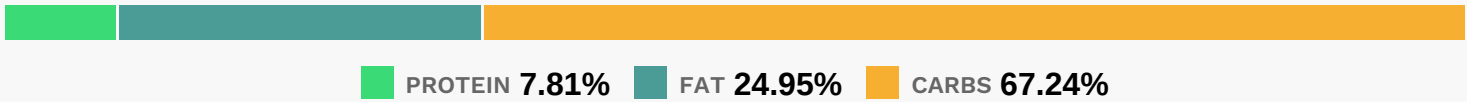
cutting board

☐ metal skewers

Directions

- ☐ Using a sharp knife, thinly slice each potato about two-thirds through, so the bottom of the potato holds the slices together. One way of doing this is to insert a metal skewer through the length of each potato, close to the base, before slicing. Sit the potato on a chopping board with the skewer nearest the board, then thinly slice down. Pull out the skewer and move on to the next spud.
- ☐ Heat the fat in a large roasting tin in the oven for 5 mins, then carefully roll in the potatoes with some sea salt. Roast at 200C/180C fan/ gas 6 along with the turkey for its final 30 mins. When you take the turkey out to rest, increase heat to 220C/200C fan/ gas 7, give the tin a good shake and roast potatoes for a further 30 mins until crisp and cooked through.

Nutrition Facts



Properties

Glycemic Index:16.09, Glycemic Load:40.02, Inflammation Score:-8, Nutrition Score:16.810000290041%

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: 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: 319.11kcal (15.96%), Fat: 9.05g (13.92%), Saturated Fat: 0.95g (5.93%), Carbohydrates: 54.87g (18.29%), Net Carbohydrates: 47.84g (17.4%), Sugar: 2.44g (2.71%), Cholesterol: 0mg (0%), Sodium: 18.85mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.75%), Vitamin C: 63.36mg (76.8%), Vitamin B6: 0.93mg (46.29%), Potassium: 1322.48mg (37.79%), Fiber: 7.03g (28.13%), Manganese: 0.5mg (24.87%), Vitamin E: 3.63mg (24.17%), Magnesium: 73.68mg (18.42%), Phosphorus: 179.32mg (17.93%), Copper: 0.34mg (17.19%), Vitamin B1: 0.25mg (16.7%), Vitamin B3: 3.31mg (16.57%), Iron: 2.63mg (14.63%), Folate: 50.51µg (12.63%), Vitamin B5: 0.93mg (9.3%), Vitamin B2: 0.11mg (6.19%), Zinc: 0.93mg (6.18%), Vitamin K: 6.41µg (6.1%), Calcium: 42.06mg (4.21%), Selenium: 0.94µg (1.34%), Vitamin A: 59.7IU (1.19%)