



Herby new potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 50 ml cooking oil
- ☐ 500 g baby potatoes halved
- ☐ 1 bunch mint leaves chopped

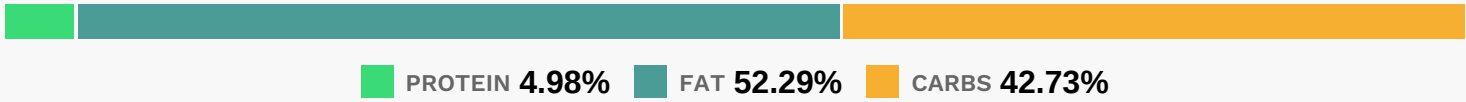
Equipment

- ☐ frying pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Heat a large heavy-based ovenproof, flameproof pan and add the oil. Drop the potatoes in the oil and cook for 5 mins, so they are coloured.
- ☐ Remove from the pan using a slotted spoon, draining the excess oil. Wipe the oil from the pan with kitchen paper, then return the potatoes to the pan. Put in the oven, and cook for a further 15 mins.
- ☐ Sprinkle over the mint and serve.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:15.99, Inflammation Score:-3, Nutrition Score:7.2769564623418%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg 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: 201.57kcal (10.08%), Fat: 11.96g (18.4%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 19.16g (6.97%), Sugar: 0.98g (1.08%), Cholesterol: 0mg (0%), Sodium: 7.81mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.13%), Vitamin C: 24.94mg (30.23%), Vitamin B6: 0.37mg (18.5%), Potassium: 531.94mg (15.2%), Vitamin E: 2.08mg (13.89%), Fiber: 2.83g (11.32%), Vitamin K: 10.81µg (10.3%), Manganese: 0.2mg (10.15%), Magnesium: 29.55mg (7.39%), Phosphorus: 71.98mg (7.2%), Copper: 0.14mg (6.91%), Vitamin B1: 0.1mg (6.72%), Vitamin B3: 1.33mg (6.67%), Iron: 1.03mg (5.7%), Folate: 21.14µg (5.28%), Vitamin B5: 0.37mg (3.73%), Vitamin B2: 0.04mg (2.51%), Zinc: 0.37mg (2.49%), Calcium: 17.43mg (1.74%)