



WHATSheATE



HEALTH SCORE

53%

Hot dressed sweet potato, fennel & feta parcels



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



1

CALORIES



584 kcal

SIDE DISH

Ingredients

- ☐ 1 sweet potatoes and into peeled cut into wedges
- ☐ 0.5 small fennel bulb sliced
- ☐ 1 tbsp orange zest plus a grating of zest
- ☐ 1 tbsp olive oil
- ☐ 2 tsp red wine vinegar
- ☐ 1 tsp runny honey
- ☐ 1 tbsp flat-leaf parsley chopped

- ☐ 1 tbsp walnuts roughly chopped
- ☐ 50 g feta cheese or any salty, soft vegetarian cheese) crumbled

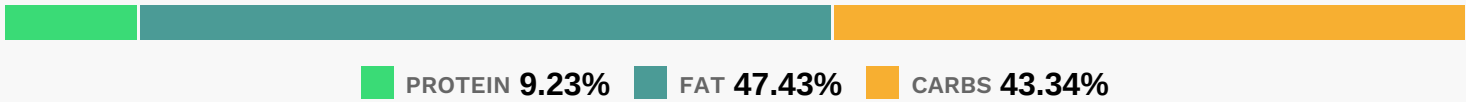
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Make a rough 30cm square double layer of foil. Tip the potato wedges and fennel into the middle and toss to mix together with 1 tsp orange juice and 1 tsp oil.
- ☐ Bring the foil up around the veg to make a bowl shape, then scrunch the top to seal.
- ☐ Put the foil parcels on the rack over the hottest part of the barbecue and cook for 35–45 mins until the potatoes are soft. (Unwrap and test with the point of a knife to check if they're ready.)
- ☐ Meanwhile, whisk together the last 2 tsp orange juice and oil with the vinegar, honey, parsley, walnuts and zest. Season. When the potato is cooked, carefully open the top of the parcel and pour in the dressing with most of the feta the heat of the barbecue will bring out the flavours of the dressing and warm the feta. Gently mix in the parcel, then scatter with the remaining feta.

Nutrition Facts



Properties

Glycemic Index:286.27, Glycemic Load:29.26, Inflammation Score:-10, Nutrition Score:33.420869583669%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg, Eriodictyol: 1.29mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 8.22mg, Apigenin: 8.22mg, Apigenin: 8.22mg, Apigenin: 8.22mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg

0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 584.49kcal (29.22%), Fat: 31.68g (48.74%), Saturated Fat: 9.35g (58.44%), Carbohydrates: 65.13g (21.71%), Net Carbohydrates: 53.88g (19.59%), Sugar: 21.51g (23.9%), Cholesterol: 44.5mg (14.83%), Sodium: 759mg (33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.88g (27.75%), Vitamin A: 32786.51IU (655.73%), Vitamin K: 149.48µg (142.36%), Manganese: 1.18mg (59.03%), Fiber: 11.25g (45%), Vitamin C: 33.23mg (40.28%), Vitamin B6: 0.8mg (40.25%), Potassium: 1383.83mg (39.54%), Calcium: 389.7mg (38.97%), Phosphorus: 373.99mg (37.4%), Vitamin B2: 0.62mg (36.69%), Copper: 0.61mg (30.51%), Vitamin B5: 2.67mg (26.72%), Magnesium: 106mg (26.5%), Folate: 93.27µg (23.32%), Vitamin E: 3.48mg (23.18%), Vitamin B1: 0.32mg (21.18%), Zinc: 2.73mg (18.19%), Iron: 3.27mg (18.17%), Selenium: 10.24µg (14.63%), Vitamin B12: 0.85µg (14.08%), Vitamin B3: 2.74mg (13.71%), Vitamin D: 0.2µg (1.33%)