



HEALTH SCORE

55%

Ivy House roast potatoes



Vegetarian



Vegan



Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



185 kcal

SIDE DISH

Ingredients



1.3 kg floury potatoes



2 tbsp semolina



300 g lard



300 g lard

Equipment



frying pan



sauce pan



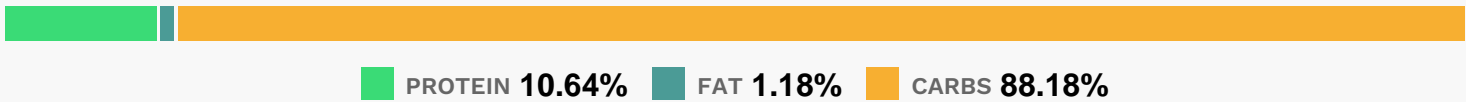
oven

- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Peel potatoes and cut into even-size pieces (Ivy House used Marfona and allowed 4 pieces per person).Put potatoes in boiling salted water. Bring back to the boil and simmer for 10 mins.Meanwhile, melt lard in a thick roasting pan in the oven at 220C/fan 200/gas
- ☐ (Ivy House tried both goose fat and butcher’s beef dripping, but found neither as successful as good old lard.)
- ☐ Drain the potatoes and put back in the saucepan with a couple of tbsp of semolina. Cover the pan and shake it to rough up the potatoes.
- ☐ Remove the baking tray from the oven and put the potatoes in the lard, turning to coat each one in the melted lard.Return the tray to the oven and roast for 40 mins, turning the potatoes 2–3 times as necessary.
- ☐ Remove tray from the oven and put the potatoes in a serving dish. Return the dish of potatoes to the hot oven for 10 mins to dry any fat off.
- ☐ Serve straight away – roast potatoes wait for no man!

Nutrition Facts



Properties

Glycemic Index:22.96, Glycemic Load:29.54, Inflammation Score:-4, Nutrition Score:11.571739220749%

Flavonoids

Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg, Kaempferol: 1.73mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 184.57kcal (9.23%), Fat: 0.25g (0.38%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 41.44g (13.81%), Net Carbohydrates: 36.48g (13.27%), Sugar: 1.69g (1.88%), Cholesterol: 0mg (0%), Sodium: 13.05mg (0.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Vitamin C: 42.68mg (51.74%), Vitamin B6: 0.64mg (32.21%), Potassium: 921.33mg (26.32%), Fiber: 4.96g (19.84%), Manganese: 0.36mg (18.1%), Vitamin B1: 0.21mg (14.22%), Magnesium: 52.15mg (13.04%), Phosphorus: 130.2mg (13.02%), Vitamin B3: 2.58mg (12.89%), Copper: 0.24mg (12.17%), Folate: 43.68µg (10.92%), Iron: 1.9mg (10.58%), Selenium: 5.05µg (7.22%), Vitamin B5: 0.67mg (6.7%),

Vitamin B2: 0.1mg (5.73%), Zinc: 0.68mg (4.53%), Vitamin K: 4.12µg (3.92%), Calcium: 26.84mg (2.68%)