

food
network



85%

HEALTH SCORE

Jamie's Lyonnaise Potato Cake



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



85 min.

SERVINGS



4

CALORIES



529 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



4 tablespoons balsamic vinegar



1 handful thyme leaves



4 servings olive oil



2 onions sliced



9 potatoes peeled sliced



4 servings salt and pepper black freshly ground

Equipment



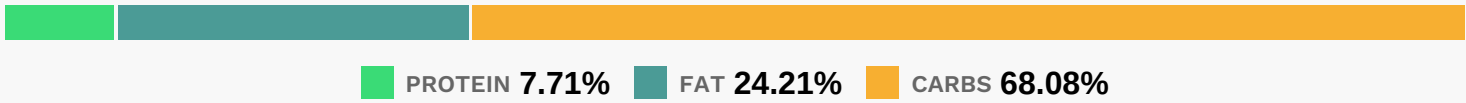
frying pan

☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees/Gas 6).
- ☐ Bring a large pan of water to the boil, add the potatoes, and parboil them for 3 to 4 minutes.
- ☐ Drain and set aside.
- ☐ Heat some olive oil in a pan and fry the onions gently with the thyme leaves until meltingly soft.
- ☐ Add the balsamic vinegar and remove from heat.
- ☐ Remove onions to a plate.
- ☐ Using the same pan (no need to wash it), lay half the potatoes in the bottom and season with salt and pepper. Follow with the onions in 1 layer, seasoning again, then the rest of the potatoes.
- ☐ Bake in the preheated oven for about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:59.44, Glycemic Load:63.81, Inflammation Score:-8, Nutrition Score:25.335217588622%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 4.19mg, Kaempferol: 4.19mg, Kaempferol: 4.19mg, Kaempferol: 4.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.52mg, Quercetin: 14.52mg, Quercetin: 14.52mg, Quercetin: 14.52mg

Nutrients (% of daily need)

Calories: 529.37kcal (26.47%), Fat: 14.49g (22.3%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 91.71g (30.57%), Net Carbohydrates: 80.17g (29.15%), Sugar: 8.46g (9.4%), Cholesterol: 0mg (0%), Sodium: 34.96mg (1.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.39g (20.78%), Vitamin C: 98.88mg (119.86%), Vitamin B6: 1.48mg (74.05%), Potassium: 2118.85mg (60.54%), Fiber: 11.54g (46.16%), Manganese: 0.84mg (42.11%), Magnesium: 118.22mg (29.55%), Phosphorus: 292.59mg (29.26%), Copper: 0.55mg (27.3%), Vitamin B1: 0.41mg (27.26%), Vitamin B3: 5.12mg (25.6%), Iron: 4.1mg (22.78%), Folate: 87.26µg (21.81%), Vitamin K: 17.92µg (17.06%), Vitamin B5:

1.49mg (14.89%), Vitamin E: 2.08mg (13.84%), Zinc: 1.5mg (10.01%), Vitamin B2: 0.17mg (9.97%), Calcium: 76.08mg (7.61%), Selenium: 1.72µg (2.45%)