



Mini jacket potatoes



Vegetarian



Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 500 g baby potatoes
- ☐ 1 tbsp olive oil
- ☐ 4 servings sea salt
- ☐ 75 ml cream
- ☐ 1 small bunch chives snipped

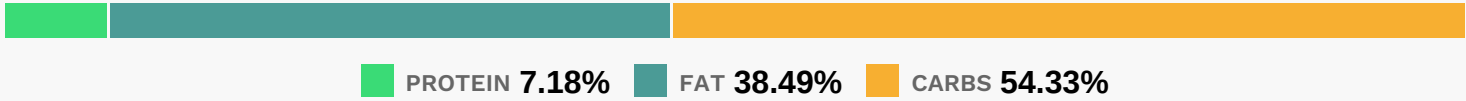
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Prick the potatoes with a fork, rub with the oil, then toss with sea salt. Arrange on a baking sheet and bake for 1 hr.
- ☐ Let the potatoes cool for 10–15 mins, then cut a small cross in the top of each and pinch the bases to open a little.
- ☐ Add a teaspoon of soured cream to each, a little freshly ground black pepper, and a sprinkling of chives.
- ☐ Serve straightway.

Nutrition Facts



Properties

Glycemic Index:32.19, Glycemic Load:15.99, Inflammation Score:-4, Nutrition Score:7.1856521471687%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 163.58kcal (8.18%), Fat: 7.16g (11.01%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 22.73g (7.57%), Net Carbohydrates: 19.95g (7.25%), Sugar: 1.62g (1.79%), Cholesterol: 10.75mg (3.58%), Sodium: 207.04mg (9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Vitamin C: 25.37mg (30.75%), Vitamin B6: 0.38mg (18.88%), Potassium: 552.07mg (15.77%), Fiber: 2.78g (11.1%), Manganese: 0.2mg (9.87%), Phosphorus: 85.68mg (8.57%), Magnesium: 31mg (7.75%), Copper: 0.14mg (7%), Vitamin B1: 0.1mg (6.96%), Vitamin B3: 1.34mg (6.7%), Vitamin K: 6.89µg (6.56%), Iron: 1.02mg (5.69%), Folate: 22.14µg (5.54%), Vitamin B5: 0.43mg (4.34%), Vitamin B2: 0.07mg (4.22%), Vitamin E: 0.59mg (3.92%), Calcium: 34.49mg (3.45%), Vitamin A: 159.59IU (3.19%), Zinc: 0.43mg (2.86%), Selenium: 1.06µg (1.51%)