



WHATSheATE



## Mini jackets with caper soured cream



Vegetarian



Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



102 kcal

SIDE DISH

### Ingredients

- ☐ 500 g baby potatoes
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 50 g cream
- ☐ 1 tbsp caper finely chopped

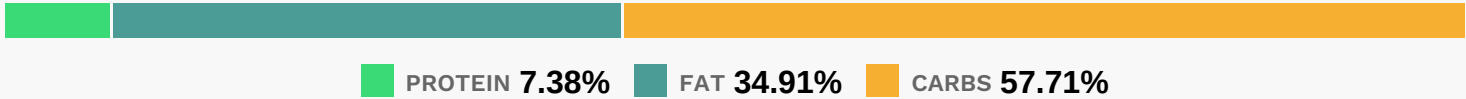
### Equipment

- ☐ oven
- ☐ baking pan

# Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Prick the potatoes with a fork, rub with the oil and season with sea salt. Put on a baking tray and bake for 50 mins -1 hr.
- ☐ Meanwhile, mix the soured cream and capers with lots of freshly ground pepper.
- ☐ Allow potatoes to cool for 10-15 mins, then cut a cross in each top and pinch the base to open a little.
- ☐ Add a spoonful of the soured cream mix.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:13.96, Glycemic Load:10.66, Inflammation Score:-2, Nutrition Score:4.7234782226708%

## Flavonoids

Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

## Nutrients (% of daily need)

Calories: 101.62kcal (5.08%), Fat: 4.04g (6.21%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 15.01g (5%), Net Carbohydrates: 13.14g (4.78%), Sugar: 0.94g (1.04%), Cholesterol: 4.92mg (1.64%), Sodium: 47.27mg (2.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin C: 16.55mg (20.06%), Vitamin B6: 0.25mg (12.48%), Potassium: 361.82mg (10.34%), Fiber: 1.88g (7.52%), Vitamin E: 1.01mg (6.74%), Manganese: 0.13mg (6.48%), Phosphorus: 53.98mg (5.4%), Magnesium: 20.47mg (5.12%), Copper: 0.1mg (4.84%), Vitamin B1: 0.07mg (4.57%), Vitamin B3: 0.9mg (4.48%), Iron: 0.68mg (3.78%), Folate: 14.16µg (3.54%), Vitamin B5: 0.28mg (2.75%), Vitamin B2: 0.04mg (2.51%), Vitamin K: 2.19µg (2.08%), Calcium: 18.99mg (1.9%), Zinc: 0.27mg (1.83%), Vitamin A: 55.56IU (1.11%)