



Mustard-crusted new potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

Ingredients

- ☐ 500 g baby potatoes scrubbed halved (Charlotte or Pink Fir apple are ideal)
- ☐ 1 large onion red finely sliced
- ☐ 3 tbsp coarse mustard
- ☐ 3 tbsp olive oil

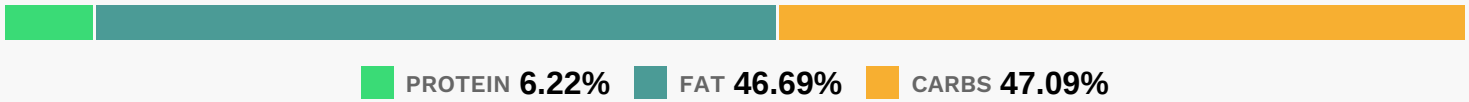
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 200C/fan 180/gas
- ☐ Boil potatoes for 7 mins, then drain well. Tip into a large bowl with the onion, mustard and olive oil. Toss well to coat and transfer to a roasting tin. Roast for 30–35 mins until the mustard forms a golden crust. Toss gently in the tin and serve with the chicken.

Nutrition Facts



Properties

Glycemic Index:35.69, Glycemic Load:16.59, Inflammation Score:-4, Nutrition Score:8.3795651858268%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg

Nutrients (% of daily need)

Calories: 206.93kcal (10.35%), Fat: 11.02g (16.95%), Saturated Fat: 1.52g (9.51%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 21.3g (7.75%), Sugar: 2.3g (2.56%), Cholesterol: 0mg (0%), Sodium: 132.56mg (5.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.61%), Vitamin C: 26.7mg (32.37%), Vitamin B6: 0.41mg (20.48%), Potassium: 583.38mg (16.67%), Fiber: 3.7g (14.81%), Manganese: 0.27mg (13.68%), Vitamin E: 1.57mg (10.46%), Magnesium: 36.9mg (9.23%), Phosphorus: 91.38mg (9.14%), Vitamin B1: 0.13mg (8.93%), Vitamin K: 8.97µg (8.55%), Copper: 0.15mg (7.7%), Iron: 1.27mg (7.06%), Vitamin B3: 1.41mg (7.06%), Folate: 26.01µg (6.5%), Selenium: 4.34µg (6.2%), Vitamin B5: 0.44mg (4.38%), Vitamin B2: 0.05mg (3.23%), Zinc: 0.48mg (3.21%), Calcium: 28.52mg (2.85%)