



Mustard-glazed roast new potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



8

CALORIES



49 kcal

SIDE DISH

Ingredients



8 servings baby potatoes halved



3 thyme sprigs



3 tbsp olive oil extra virgin extra-virgin



1 tbsp coarse mustard

Equipment



oven

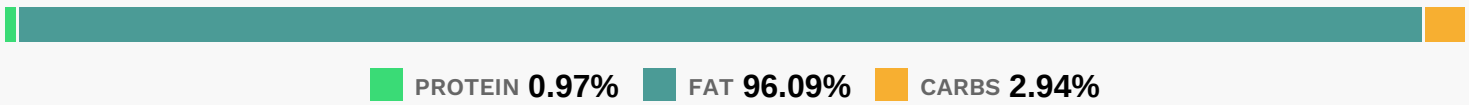


baking pan

Directions

- ☐ Preheat the oven to 230C/210C fan/ gas
- ☐ Arrange the potatoes on a large baking tray.
- ☐ Add the thyme, drizzle with 2 tbsp of the olive oil, season and toss to coat. Cook in the oven for 50 mins or until crisp.
- ☐ To finish the potatoes, toss with the mustard, drizzle with the remaining olive oil, season and serve.

Nutrition Facts



Properties

Glycemic Index:20.09, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:0.66782608628273%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 48.7kcal (2.44%), Fat: 5.32g (8.19%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 0.37g (0.12%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0.03g (0.04%), Cholesterol: 0mg (0%), Sodium: 20.82mg (0.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Vitamin E: 0.76mg (5.08%), Vitamin K: 3.21µg (3.05%)