



New potatoes 'Lyonnaise'



Vegetarian



Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



303 kcal

SIDE DISH

Ingredients

- ☐ 50 g butter unsalted
- ☐ 4 tbsp olive oil
- ☐ 3 large onion spanish sliced
- ☐ 2 garlic clove sliced
- ☐ 1 tbsp thyme leaves
- ☐ 1 kg baby potatoes halved

Equipment

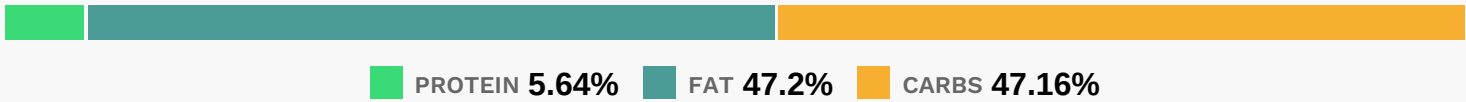
- ☐ frying pan

☐ oven

Directions

- ☐ Heat the butter in a large pan. When foaming, add 2 tbsp olive oil and the onions. Cook over a medium-low heat until softened and golden, about 30 mins. When the onions have softened, stir in the garlic and thyme. Season and set aside.
- ☐ Heat oven to 200C/180C fan/gas
- ☐ Bring a large pan of salted water to the boil, add the potatoes and boil for 5 mins before draining well.
- ☐ Mix the drained potatoes with the remaining oil and some seasoning in a large roasting tin. Roast for 30 mins, turning halfway, until golden. Stir in the onion mixture and roast for 10 mins more until hot.

Nutrition Facts



Properties

Glycemic Index:30.96, Glycemic Load:23.01, Inflammation Score:-9, Nutrition Score:11.571304307684%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 16.41mg, Quercetin: 16.41mg, Quercetin: 16.41mg, Quercetin: 16.41mg

Nutrients (% of daily need)

Calories: 303.26kcal (15.16%), Fat: 16.34g (25.14%), Saturated Fat: 5.65g (35.31%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 31.62g (11.5%), Sugar: 4.49g (4.99%), Cholesterol: 17.92mg (5.97%), Sodium: 14.38mg (0.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Vitamin C: 40.56mg (49.17%), Vitamin B6: 0.6mg (29.92%), Potassium: 824.38mg (23.55%), Fiber: 5.13g (20.5%), Manganese: 0.39mg (19.44%), Phosphorus: 121.52mg (12.15%), Magnesium: 48.12mg (12.03%), Vitamin B1: 0.17mg (11.39%), Copper: 0.22mg (11%), Vitamin E: 1.57mg (10.47%), Folate: 41.72µg (10.43%), Iron: 1.73mg (9.62%), Vitamin B3: 1.88mg (9.38%), Vitamin K: 9.69µg (9.22%), Vitamin B5: 0.61mg (6.05%), Vitamin A: 268.6IU (5.37%), Vitamin B2: 0.08mg (4.88%), Calcium: 45.88mg (4.59%), Zinc: 0.65mg (4.34%), Selenium: 1.1µg (1.57%)