



Oven egg & chips



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



2

CALORIES



367 kcal

SIDE DISH

Ingredients

- ☐ 450 g floury potatoes such as king edward potato or maris piper
- ☐ 2 garlic cloves sliced
- ☐ 4 rosemary sprigs dried fresh
- ☐ 2 tbsp olive oil
- ☐ 2 eggs

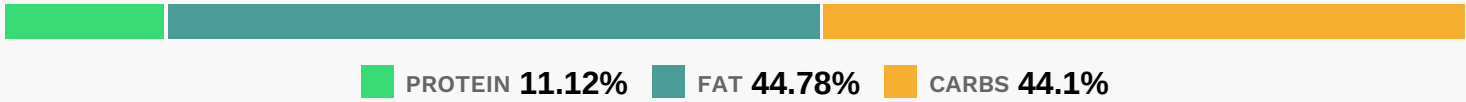
Equipment

- ☐ oven

Directions

- ☐ Preheat the oven to 220C/gas 7/ fan 200C.Without peeling, cut the potatoes into thick chips. Tip them into a roasting tin (non-stick is best) and scatter over the garlic. Strip the rosemary leaves from the sprigs and sprinkle them, or the dried rosemary, over too.
- ☐ Drizzle with the oil, season well, then toss the chips to coat them in oil and flavourings.
- ☐ Oven-roast the chips for 35-40 minutes until just cooked and golden, shaking the tin at half time.
- ☐ Make two gaps in the chips and break an egg into each gap. Return to the oven for 3-5 minutes until the eggs are cooked to your liking.

Nutrition Facts



Properties

Glycemic Index:56.88, Glycemic Load:29.05, Inflammation Score:-6, Nutrition Score:16.842608638432%

Flavonoids

Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 367.02kcal (18.35%), Fat: 18.52g (28.49%), Saturated Fat: 3.43g (21.42%), Carbohydrates: 41.03g (13.68%), Net Carbohydrates: 35.74g (13%), Sugar: 1.95g (2.16%), Cholesterol: 163.68mg (54.56%), Sodium: 77.29mg (3.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.69%), Vitamin C: 45.7mg (55.39%), Vitamin B6: 0.78mg (39.12%), Potassium: 1033.5mg (29.53%), Phosphorus: 221.28mg (22.13%), Manganese: 0.43mg (21.3%), Fiber: 5.3g (21.18%), Selenium: 14.61µg (20.87%), Vitamin E: 2.5mg (16.69%), Vitamin B2: 0.28mg (16.44%), Iron: 2.79mg (15.49%), Magnesium: 59.6mg (14.9%), Folate: 58.95µg (14.74%), Copper: 0.29mg (14.48%), Vitamin B5: 1.37mg (13.74%), Vitamin B1: 0.2mg (13.62%), Vitamin K: 12.89µg (12.27%), Vitamin B3: 2.44mg (12.22%), Zinc: 1.27mg (8.49%), Vitamin B12: 0.39µg (6.53%), Calcium: 63.55mg (6.36%), Vitamin A: 300.85IU (6.02%), Vitamin D: 0.88µg (5.87%)