



Parmesan-roasted potatoes

👤 Popular

READY IN



60 min.

SERVINGS



6

CALORIES



403 kcal

SIDE DISH

Ingredients

- ☐ 1.8 kg floury potatoes cut in half, or quarters if large
- ☐ 5 tbsp olive oil
- ☐ 2 tsp flour plain
- ☐ 100 g parmesan finely grated (or vegetarian alternative)
- ☐ 1 handful parsley finely chopped
- ☐ 4 rosemary sprigs finely chopped
- ☐ 1 pinch nutmeg grated

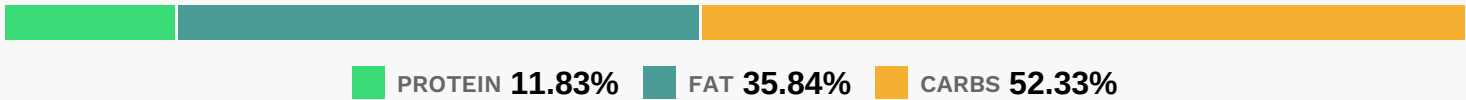
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Place the potatoes into a pan of salted water, bring to the boil and simmer for 2 mins exactly.
- ☐ Drain well and toss in a little of the oil to coat.
- ☐ Stir the flour, parmesan, herbs and nutmeg together in a dish with a small pinch of salt and toss the potatoes in the mix until evenly coated.
- ☐ Heat a good layer of oil in a shallow, non-stick roasting tray on a hob or in the oven, then carefully add the potatoes to the tray. Turn the potatoes to coat them in the oil and roast for 40 mins, turning once. If they feel like they are sticking to the pan, dont move them, just leave them for the full time. Roast until golden brown and crisp, and serve straight away.

Nutrition Facts



Properties

Glycemic Index:59.63, Glycemic Load:38.93, Inflammation Score:-6, Nutrition Score:18.750869245633%

Flavonoids

Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 403.23kcal (20.16%), Fat: 16.32g (25.11%), Saturated Fat: 4.47g (27.96%), Carbohydrates: 53.62g (17.87%), Net Carbohydrates: 46.92g (17.06%), Sugar: 2.53g (2.81%), Cholesterol: 11.33mg (3.78%), Sodium: 285.68mg (12.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.12g (24.24%), Vitamin C: 60.03mg (72.77%), Vitamin B6: 0.9mg (45.12%), Potassium: 1284.08mg (36.69%), Phosphorus: 288.17mg (28.82%), Fiber: 6.7g (26.81%), Manganese: 0.47mg (23.7%), Calcium: 235.63mg (23.56%), Vitamin K: 23.94µg (22.8%), Magnesium: 77.26mg (19.32%), Vitamin B1: 0.25mg (16.88%), Copper: 0.33mg (16.67%), Vitamin B3: 3.26mg (16.29%), Iron: 2.64mg (14.66%), Folate: 51.73µg (12.93%), Vitamin E: 1.75mg (11.68%), Vitamin B5: 0.97mg (9.69%), Vitamin B2: 0.16mg (9.16%), Zinc: 1.35mg (8.97%), Selenium: 4.88µg (6.97%), Vitamin A: 194.58IU (3.89%), Vitamin B12: 0.2µg (3.33%)