



Perfect roast potatoes

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



537 kcal

SIDE DISH

Ingredients

- ☐ 16 potatoes good
- ☐ 2 tbsp flour plain
- ☐ 140 g goose fat
- ☐ 3 tbsp vegetable oil

Equipment

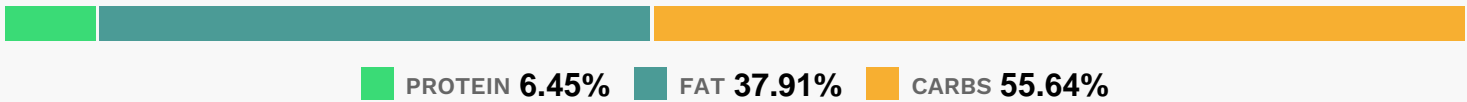
- ☐ sauce pan
- ☐ oven
- ☐ kitchen timer

☐ colander

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Peel the potatoes and cut in half; if very large, cut into quarters, or leave whole if they are small. Tip into a saucepan, cover with cold water, then bring to the boil. Set the timer and boil for exactly 2 mins.
- ☐ Drain the potatoes well, then toss in the colander to fluff up their surfaces, sprinkling over the flour as you go.
- ☐ Place a large, sturdy roasting tray over a fairly high heat, then tip in the fat and oil. When sizzling, lower in the potatoes carefully, then gently brown in the hot fat for about 5 mins so all the sides are covered with oil.
- ☐ Roast undisturbed for 20 mins, then remove from the oven and gently turn them over with a fish slice.
- ☐ Place the tray on the hob to heat the oil, then return to the oven and cook for another 20 mins. Turn again, putting the tray back on the hob to heat the oil. Give them a final 20 mins in the oven, by which time you should have perfect roast potatoes.

Nutrition Facts



Properties

Glycemic Index:19.84, Glycemic Load:55.51, Inflammation Score:-6, Nutrition Score:21.799999907613%

Flavonoids

Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 537.43kcal (26.87%), Fat: 22.97g (35.33%), Saturated Fat: 5.74g (35.87%), Carbohydrates: 75.85g (25.28%), Net Carbohydrates: 66.43g (24.16%), Sugar: 3.33g (3.7%), Cholesterol: 17.5mg (5.83%), Sodium: 25.6mg (1.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.8g (17.6%), Vitamin C: 83.92mg (101.72%), Vitamin B6: 1.26mg (62.88%), Potassium: 1795.47mg (51.3%), Fiber: 9.42g (37.69%), Manganese: 0.66mg (33.23%), Magnesium: 98.39mg (24.6%), Phosphorus: 244.85mg (24.48%), Vitamin B1: 0.36mg (23.7%), Copper: 0.46mg (23.14%), Vitamin B3: 4.6mg (23%), Iron: 3.41mg (18.95%), Folate: 71.59µg (17.9%), Vitamin K: 17.48µg (16.65%), Vitamin B5: 1.27mg

(12.69%), Vitamin B2: 0.15mg (8.56%), Zinc: 1.25mg (8.32%), Vitamin E: 0.93mg (6.22%), Calcium: 51.4mg (5.14%),
Selenium: 1.95µg (2.78%)