



Perfect sautéed potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



177 kcal

SIDE DISH

Ingredients



1 kg potato such as maris peer or desirée



4 servings potatoes



4 servings roasted root vegetable vinaigrette



1 serving frangelico



4 servings frangelico

Equipment



frying pan

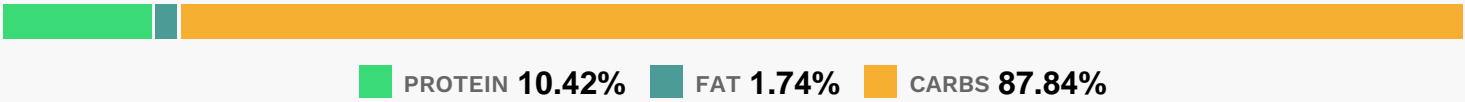


slotted spoon

Directions

- ☐ Cut 1 kg waxy potatoes into chunks.
- ☐ Bring a large pan of water to the boil, then cook the potatoes for 3 mins.
- ☐ Drain, shake out onto a kitchen paper-lined tray and leave to cool.
- ☐ When ready to serve, heat 6–8 tbsp sunflower or olive oil in a large non-stick frying pan until you can feel a strong heat rising.
- ☐ If your pan isnt large enough, fry the potatoes in two batches rather than crowding them. Have kitchen paper ready to drain them on.
- ☐ Add the potatoes in a single layer, not too tightly packed.
- ☐ Turn the heat to medium-high, so that the potatoes sizzle, but dont stir until they start to brown underneath.
- ☐ Turn them all evenly 2 or 3 times until nicely browned all over this can take about 7 mins.
- ☐ Then lift out with a fish slice or large slotted spoon to drain on more kitchen paper.
- ☐ Sprinkle with sea salt.

Nutrition Facts



Properties

Glycemic Index:33.94, Glycemic Load:0.2, Inflammation Score:-4, Nutrition Score:10.4852174365%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 176.52kcal (8.83%), Fat: 0.35g (0.54%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 40.1g (13.37%), Net Carbohydrates: 35.78g (13.01%), Sugar: 3.28g (3.65%), Cholesterol: 0mg (0%), Sodium: 45.16mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.51%), Potassium: 1145.46mg (32.73%), Vitamin C: 21.87mg (26.51%), Vitamin B6: 0.43mg (21.44%), Manganese: 0.36mg (17.98%), Fiber: 4.32g (17.28%), Copper: 0.34mg (16.86%), Phosphorus: 153.78mg (15.38%), Vitamin B3: 2.89mg (14.45%), Magnesium: 55.52mg (13.88%), Vitamin B1: 0.2mg (13.61%), Folate: 45.83µg (11.46%), Iron: 1.84mg (10.22%), Vitamin K: 7.49µg (7.14%), Vitamin B5: 0.71mg (7.06%), Zinc: 0.83mg (5.56%), Vitamin B2: 0.08mg (4.61%), Calcium: 25.48mg (2.55%), Selenium: 1.27µg (1.82%)