



Potatoes cooked in bay-infused milk

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



469 kcal

SIDE DISH

Ingredients

- ☐ 100 g butter salted
- ☐ 1 kg potato salad scrubbed
- ☐ 6 bay leaf fresh
- ☐ 850 ml milk

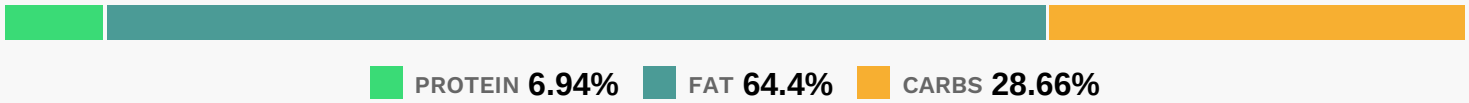
Equipment

- ☐ sauce pan

Directions

- ☐ Melt the butter in a large saucepan and throw in the potatoes and some seasoning. Colour gently all over for 10 mins or so.
- ☐ When the potatoes are nicely golden, add the bay leaves and milk, making sure potatoes are covered. Gently simmer for 20 mins until the potatoes are cooked through. Turn off the heat and leave to infuse in the milk until ready to serve.
- ☐ Drain and serve.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:13.77, Inflammation Score:-6, Nutrition Score:11.48913048143%

Nutrients (% of daily need)

Calories: 469.14kcal (23.46%), Fat: 33.87g (52.1%), Saturated Fat: 13.69g (85.54%), Carbohydrates: 33.91g (11.3%), Net Carbohydrates: 31.72g (11.53%), Sugar: 15.29g (16.99%), Cholesterol: 81.7mg (27.23%), Sodium: 711.04mg (30.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.21g (16.42%), Vitamin K: 25.44µg (24.23%), Phosphorus: 240.01mg (24%), Calcium: 209.54mg (20.95%), Vitamin A: 931.04IU (18.62%), Potassium: 627.02mg (17.91%), Vitamin B12: 0.93µg (15.57%), Vitamin B6: 0.28mg (14.15%), Vitamin B2: 0.24mg (13.89%), Vitamin B5: 1.3mg (13.02%), Vitamin D: 1.77µg (11.83%), Magnesium: 42.99mg (10.75%), Vitamin E: 1.59mg (10.62%), Manganese: 0.2mg (10.03%), Selenium: 6.95µg (9.92%), Vitamin B1: 0.14mg (9.07%), Fiber: 2.19g (8.77%), Zinc: 1.17mg (7.78%), Vitamin B3: 1.5mg (7.48%), Folate: 22.35µg (5.59%), Iron: 0.88mg (4.89%), Copper: 0.07mg (3.51%), Vitamin C: 1.38mg (1.67%)