



Roasted new potatoes with chilli crème fraîche



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 1.5 kg baby potatoes halved
- ☐ 3 tbsp olive oil
- ☐ 1 tsp paprika
- ☐ 200 ml half fat
- ☐ 1 tbsp chilli sauce sweet

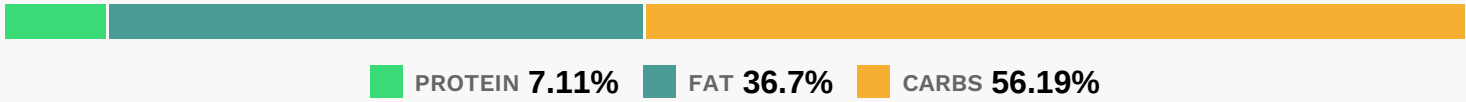
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to 200C/gas 6/fan 180C. Tip the potatoes into a roasting tin and toss in the oil.
- ☐ Sprinkle with paprika and roast for 35–45 minutes until crisp and golden, shaking the tin halfway through.
- ☐ Sprinkle the potatoes with salt and tip on to a platter. Spoon the crme frache into a small bowl and swirl the chilli sauce on top.
- ☐ Serve with the potatoes for dipping.

Nutrition Facts



Properties

Glycemic Index:16.46, Glycemic Load:31.98, Inflammation Score:-6, Nutrition Score:14.163043483444%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 325.46kcal (16.27%), Fat: 13.58g (20.89%), Saturated Fat: 4.31g (26.95%), Carbohydrates: 46.78g (15.59%), Net Carbohydrates: 41.13g (14.96%), Sugar: 4.45g (4.94%), Cholesterol: 19.12mg (6.37%), Sodium: 53.78mg (2.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Vitamin C: 49.55mg (60.05%), Vitamin B6: 0.76mg (37.95%), Potassium: 1101.82mg (31.48%), Fiber: 5.65g (22.6%), Manganese: 0.39mg (19.61%), Phosphorus: 168.33mg (16.83%), Magnesium: 61.42mg (15.36%), Copper: 0.28mg (13.93%), Vitamin B1: 0.21mg (13.85%), Vitamin B3: 2.7mg (13.52%), Iron: 2.09mg (11.63%), Folate: 42.13µg (10.53%), Vitamin K: 9.76µg (9.29%), Vitamin B5: 0.86mg (8.59%), Vitamin E: 1.27mg (8.45%), Vitamin B2: 0.14mg (8.19%), Vitamin A: 395.69IU (7.91%), Calcium: 63.68mg (6.37%), Zinc: 0.85mg (5.66%), Selenium: 1.97µg (2.82%), Vitamin B12: 0.07µg (1.13%)