



Roasties with garlic & chives



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



408 kcal

SIDE DISH

Ingredients

- ☐ 750 g baby potatoes
- ☐ 1 lb garlic bu whole
- ☐ 50 g butter softened
- ☐ 4 servings chive fresh snipped
- ☐ 4 servings serve juicy with the garlic squeezed out of its skin

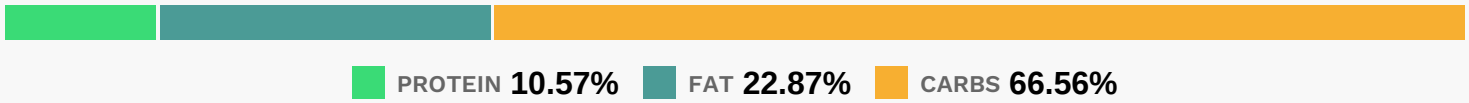
Equipment

- ☐ oven

Directions

- ☐ Preheat the oven to 200C/ gas 6/fan 180C.
- ☐ Put the new potatoes in a small roasting tin. Break a whole garlic bulb into cloves and nestle them between the potatoes. Dot with the softened butter, season with salt and freshly ground black pepper and roast for 30–40 minutes, turning once or twice until the potatoes are golden.
- ☐ Sprinkle with the snipped fresh chives or tarragon and serve with the juicy garlic squeezed out of its skin.

Nutrition Facts



Properties

Glycemic Index:59.69, Glycemic Load:34.82, Inflammation Score:-8, Nutrition Score:25.990434961474%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 1.87mg, Myricetin: 1.87mg, Myricetin: 1.87mg, Myricetin: 1.87mg Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg, Quercetin: 3.39mg

Nutrients (% of daily need)

Calories: 407.73kcal (20.39%), Fat: 10.9g (16.76%), Saturated Fat: 6.58g (41.12%), Carbohydrates: 71.33g (23.78%), Net Carbohydrates: 64.74g (23.54%), Sugar: 2.65g (2.95%), Cholesterol: 26.88mg (8.96%), Sodium: 111.44mg (4.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.33g (22.66%), Manganese: 2.24mg (111.84%), Vitamin B6: 2mg (99.91%), Vitamin C: 73.83mg (89.5%), Potassium: 1262.09mg (36.06%), Phosphorus: 288.54mg (28.85%), Copper: 0.55mg (27.61%), Fiber: 6.59g (26.38%), Vitamin B1: 0.38mg (25.61%), Selenium: 17.23µg (24.61%), Calcium: 237.1mg (23.71%), Iron: 3.46mg (19.22%), Magnesium: 72.89mg (18.22%), Vitamin B3: 2.8mg (14.01%), Zinc: 1.91mg (12.74%), Vitamin B5: 1.27mg (12.66%), Vitamin B2: 0.19mg (11.38%), Folate: 34.92µg (8.73%), Vitamin K: 8.55µg (8.14%), Vitamin A: 370.13IU (7.4%), Vitamin E: 0.4mg (2.69%)