



Rosemary & garlic roast potatoes with chipolatas



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



314 kcal

SIDE DISH

Ingredients

- ☐ 2 kg king edward potatoes cut into large pieces
- ☐ 2 tbsp butter and olive oil
- ☐ 1 bulb garlic separated unpeeled
- ☐ 2 tbsp rosemary chopped
- ☐ 12 pork chipolatas

Equipment

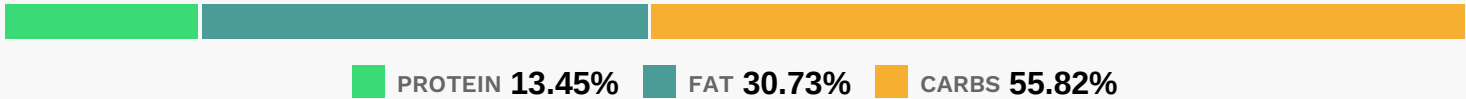
- ☐ frying pan

- ☐ oven
- ☐ colander

Directions

- ☐ Heat oven to 200C/180C fan/ gas
- ☐ Put the potatoes in a pan of cold water, bring to the boil and simmer for 5 mins. Meanwhile, put the butter and oil into a large, shallow roasting tray and heat in the oven.
- ☐ Drain the potatoes in a colander, giving them a good shake to fluff the edges up a little. Toss in the hot oil in the tray and roast for 20 mins.
- ☐ Add the garlic, rosemary and chipolatas to the tray, toss well together and roast for a further 50 mins until the potatoes are crunchy and golden brown and the sausages are cooked through.

Nutrition Facts



Properties

Glycemic Index:22.97, Glycemic Load:32.13, Inflammation Score:-5, Nutrition Score:16.040869544382%

Flavonoids

Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 313.52kcal (15.68%), Fat: 10.85g (16.68%), Saturated Fat: 3.21g (20.04%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 38.47g (13.99%), Sugar: 1.95g (2.17%), Cholesterol: 23.76mg (7.92%), Sodium: 34.03mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.68g (21.37%), Vitamin C: 50.1mg (60.73%), Vitamin B6: 0.88mg (44.14%), Potassium: 1156.63mg (33.05%), Vitamin B1: 0.45mg (29.77%), Fiber: 5.86g (23.44%), Vitamin B3: 4.08mg (20.39%), Manganese: 0.41mg (20.37%), Phosphorus: 201.4mg (20.14%), Magnesium: 65.68mg (16.42%), Copper: 0.29mg (14.53%), Iron: 2.51mg (13.93%), Selenium: 8.96µg (12.8%), Folate: 44.19µg (11.05%), Zinc: 1.48mg (9.88%), Vitamin B5: 0.96mg (9.63%), Vitamin B2: 0.16mg (9.5%), Vitamin K: 6.86µg (6.54%), Calcium: 45.89mg (4.59%), Vitamin B12: 0.23µg (3.85%), Vitamin E: 0.53mg (3.53%)