



WHATSheATE



Salt-Crusted Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



8

CALORIES



222 kcal

SIDE DISH

Ingredients



8 servings several turns coarsely ground pepper black



2 cups kosher salt



0.5 cup olive oil extra-virgin



12 small potatoes yellow dry such as fingerling or yukon, rinsed, scrubbed, and patted



4 rosemary sprigs fresh



4 thyme sprigs fresh

Equipment



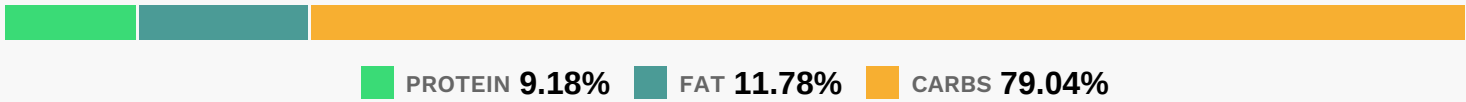
bowl

- ☐ frying pan
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the salt, pepper, and herbs in a large bowl.
- ☐ Pour the oil into a large cast iron skillet and set over medium–high flame or charcoal grill.
When the oil reaches a slight smoke, add the potatoes in a single layer and fry until they get nice and crackled on all sides. Cover the potatoes completely with the salt mixture, and cook for about 1 hour until the salt forms a cooked crust and the potatoes are tender. Break open the crust to serve.

Nutrition Facts



Properties

Glycemic Index:20.09, Glycemic Load:32.65, Inflammation Score:–7, Nutrition Score:13.420434749645%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 221.63kcal (11.08%), Fat: 2.97g (4.57%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 44.84g (14.95%), Net Carbohydrates: 39.06g (14.2%), Sugar: 1.99g (2.21%), Cholesterol: 0mg (0%), Sodium: 28308.89mg (1230.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.41%), Vitamin C: 51.14mg (61.99%), Vitamin B6: 0.76mg (37.8%), Potassium: 1087.13mg (31.06%), Manganese: 0.49mg (24.46%), Fiber: 5.78g (23.1%), Magnesium: 60.81mg (15.2%), Copper: 0.3mg (15.15%), Phosphorus: 146.37mg (14.64%), Vitamin B1: 0.2mg (13.64%), Vitamin B3: 2.7mg (13.51%), Iron: 2.38mg (13.2%), Folate: 41.59µg (10.4%), Vitamin B5: 0.76mg (7.62%), Vitamin K: 6.63µg (6.32%), Zinc: 0.83mg (5.52%), Calcium: 52.2mg (5.22%), Vitamin B2: 0.08mg (4.99%), Vitamin E: 0.42mg (2.77%), Selenium: 0.84µg (1.2%)