



Summer sautéed potatoes



Vegetarian



Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



298 kcal

SIDE DISH

Ingredients

- ☐ 1.5 kg potatoes cut into small chunks
- ☐ 4 tbsp canola oil
- ☐ 1 tbsp butter
- ☐ 4 bay leaves
- ☐ 2 garlic clove (don't worry peeling)
- ☐ 1 lemon zest
- ☐ 1 small bunch parsley chopped

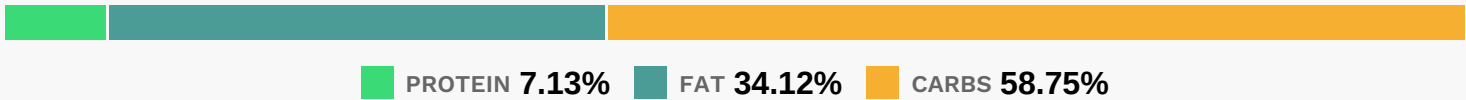
Equipment

- ☐ frying pan
- ☐ colander

Directions

- ☐ Place the potatoes in a large pan, cover with water and bring to the boil. Simmer for 5–8 mins until starting to soften but not falling apart.
- ☐ Drain and leave to steam-dry in the colander for a few mins.
- ☐ Heat the oil and butter in a large frying pan. Scrunch up the bay leaves in your hands and add them to the pan along with the whole garlic cloves. Once the potatoes are dry, tip into the pan and season. Toss them in the pan and cook over a medium-high heat for 20–25 mins, turning often, using a fish slice so you dont break them up.
- ☐ When the potatoes are crisp and golden, grate the lemon zest straight over and cook for 1–2 mins more. Taste for seasoning, then scatter with parsley and serve.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:32.16, Inflammation Score:-8, Nutrition Score:19.444347628109%

Flavonoids

Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg, Apigenin: 20.47mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg, Kaempferol: 2.14mg Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 297.56kcal (14.88%), Fat: 11.57g (17.79%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 44.82g (14.94%), Net Carbohydrates: 38.86g (14.13%), Sugar: 2.08g (2.32%), Cholesterol: 5.09mg (1.7%), Sodium: 35.78mg (1.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.44g (10.87%), Vitamin K: 167.39µg (159.42%), Vitamin C: 63.52mg (76.99%), Vitamin B6: 0.76mg (38.07%), Potassium: 1111.66mg (31.76%), Fiber: 5.96g (23.83%), Manganese: 0.42mg (20.99%), Vitamin A: 869.14IU (17.38%), Magnesium: 62.78mg (15.69%), Phosphorus: 150.3mg (15.03%), Copper: 0.29mg (14.42%), Iron: 2.59mg (14.41%), Vitamin B1: 0.21mg (14.06%), Vitamin B3: 2.77mg (13.86%), Folate: 54.79µg (13.7%), Vitamin E: 1.79mg (11.92%), Vitamin B5: 0.79mg (7.9%), Zinc: 0.85mg (5.64%), Vitamin B2: 0.09mg (5.43%), Calcium: 47.38mg (4.74%), Selenium: 0.93µg (1.33%)