



Taleggio potato parcels

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



300 kcal

SIDE DISH

Ingredients

- ☐ 1.5 kg baby potatoes
- ☐ 8 bacon cubed chopped
- ☐ 175 g taleggio cheese diced
- ☐ 8 thyme sprigs

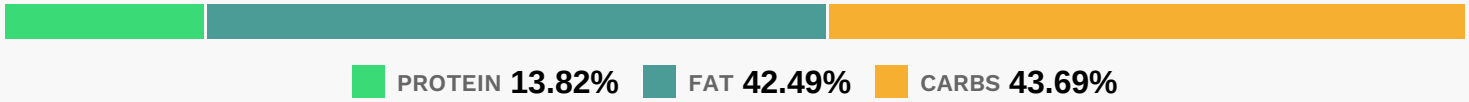
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Bring a large pan of salted water to the boil, add the potatoes, then boil for 10 mins or until just starting to soften.
- ☐ Drain and cool.
- ☐ Cut out 8 x 30cm squares of foil and the same of greaseproof paper.
- ☐ Lay a piece of greaseproof on top of each square of foil, then divide the potatoes between them. Scatter with the bacon, Taleggio and thyme. Season well, then seal together the sides of the foil to make a parcel. Can be prepared up to a day ahead.
- ☐ Put the parcels to one side of the barbecue and cook for 20 mins. If it rains, roast the parcels in the oven at 200C/fan 180C/gas 6 for about 30 mins.

Nutrition Facts



Properties

Glycemic Index:16.09, Glycemic Load:24.03, Inflammation Score:-8, Nutrition Score:11.795652075954%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 299.69kcal (14.98%), Fat: 14.39g (22.13%), Saturated Fat: 6.89g (43.03%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 29.02g (10.55%), Sugar: 1.46g (1.63%), Cholesterol: 31.8mg (10.6%), Sodium: 414.89mg (18.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.53g (21.05%), Vitamin C: 38.54mg (46.71%), Vitamin B6: 0.62mg (30.76%), Potassium: 839.03mg (23.97%), Fiber: 4.26g (17.06%), Manganese: 0.31mg (15.32%), Calcium: 145.77mg (14.58%), Vitamin B3: 2.88mg (14.4%), Vitamin B1: 0.21mg (14.08%), Phosphorus: 139.62mg (13.96%), Magnesium: 47.37mg (11.84%), Copper: 0.22mg (10.86%), Vitamin A: 485.96IU (9.72%), Iron: 1.73mg (9.6%), Folate: 30.45µg (7.61%), Selenium: 4.98µg (7.12%), Vitamin B5: 0.68mg (6.81%), Zinc: 0.82mg (5.48%), Vitamin B2: 0.08mg (4.85%), Vitamin K: 3.56µg (3.39%), Vitamin B12: 0.11µg (1.83%)