

Potatoes from the oven

by Anne Vogler

Ingredients

Ingredient	Amount
Potatoes- waxy	1kg
garlic granules or powder	lots of
Onion powder or granules	lots of
salt	for taste
pepper	for taste
Chili flakes	a pinch
oil	3tsp

Instructions

1. pre heat the oven to 220°C Umluft
2. Slice the potatoes and throw them into a big bowl
3. mix them with the spices
4. add the oil and mix it until it is niceley spread
5. put it in the oven and let it roast for 20-30minutes

Nutrients

Nutrient	per 100g	Total
Energy		
Carbohydrates		
Dietary Fiber		
Sugar		
Fat		
Saturated Fat		
Trans Fat		
Cholesterol		
Sodium		
Protein		
Vitamin A		
Vitamin C		
Calcium		
Iron		

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