



Amazing Oven Roasted Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



70 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

Ingredients

- 2 tablespoons olive oil
- 1 teaspoon cracked pepper black
- 6 potatoes cut into chunks
- 1 teaspoon salt
- 1 teaspoon lawry's seasoned salt

Equipment

- bowl
- baking sheet

paper towels

oven

Directions

Preheat oven to 400 degrees F (200 degrees C).

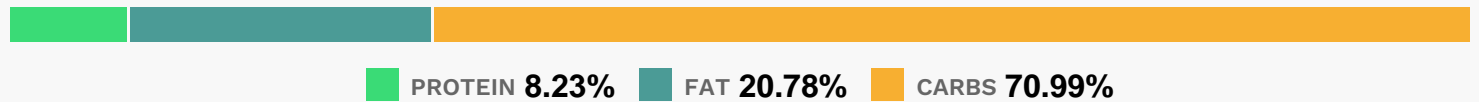
Rinse and dry potatoes with a paper towel and transfer to a large bowl.

Add olive oil, seasoned salt, salt, and black pepper; mix well.

Spread potatoes on a baking sheet.

Bake in preheated oven for 30 minutes, turning potatoes occasionally. Continue baking until potatoes are tender and golden brown, about 30 minutes more.

Nutrition Facts



Properties

Glycemic Index:19.29, Glycemic Load:27.28, Inflammation Score:-4, Nutrition Score:10.992608663505%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 206.1kcal (10.31%), Fat: 4.87g (7.49%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 37.42g (12.47%), Net Carbohydrates: 32.65g (11.87%), Sugar: 1.66g (1.85%), Cholesterol: 0mg (0%), Sodium: 788.1mg (34.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.67%), Vitamin C: 41.96mg (50.86%), Vitamin B6: 0.63mg (31.47%), Potassium: 901.37mg (25.75%), Fiber: 4.77g (19.08%), Manganese: 0.37mg (18.52%), Magnesium: 49.58mg (12.4%), Phosphorus: 121.94mg (12.19%), Copper: 0.24mg (11.75%), Vitamin B1: 0.17mg (11.38%), Vitamin B3: 2.25mg (11.24%), Iron: 1.73mg (9.59%), Folate: 34.14µg (8.53%), Vitamin K: 7.4µg (7.05%), Vitamin B5: 0.64mg (6.35%), Vitamin E: 0.7mg (4.65%), Zinc: 0.62mg (4.16%), Vitamin B2: 0.07mg (4.04%), Calcium: 27.56mg (2.76%)