



## Bella's Rosemary Red Potatoes

 Vegetarian  Gluten Free  Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



390 kcal

SIDE DISH

### Ingredients

- 3 tablespoons butter melted
- 1 tablespoon rosemary leaves fresh chopped
- 6 potatoes - remove skin red scrubbed cut into wedges
- 4 servings salt and pepper to taste
- 3 tablespoons vegetable oil

### Equipment

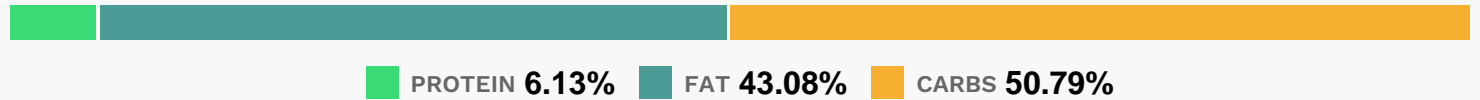
- oven
- baking pan

aluminum foil

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Mix together melted butter and oil, then pour into a 9x13 inch baking dish.
- Place the potatoes into the dish, and stir until coated.
- Sprinkle with rosemary, salt, and pepper. Cover with aluminum foil.
- Bake in the preheated oven for 30 minutes, or until the potatoes are tender. Stir the potatoes occasionally to ensure even cooking.

## Nutrition Facts



## Properties

Glycemic Index:12.5, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:14.742173860902%

## Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

## Nutrients (% of daily need)

Calories: 389.76kcal (19.49%), Fat: 19.19g (29.53%), Saturated Fat: 7.08g (44.24%), Carbohydrates: 50.91g (16.97%), Net Carbohydrates: 45.41g (16.51%), Sugar: 4.13g (4.59%), Cholesterol: 22.58mg (7.53%), Sodium: 318.95mg (13.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.29%), Potassium: 1459.63mg (41.7%), Vitamin C: 27.59mg (33.44%), Vitamin K: 28.76µg (27.39%), Vitamin B6: 0.55mg (27.26%), Manganese: 0.46mg (22.79%), Fiber: 5.5g (22.01%), Copper: 0.43mg (21.49%), Phosphorus: 197.74mg (19.77%), Vitamin B3: 3.68mg (18.4%), Magnesium: 70.96mg (17.74%), Vitamin B1: 0.26mg (17.3%), Folate: 58.37µg (14.59%), Iron: 2.37mg (13.17%), Vitamin B5: 0.91mg (9.07%), Vitamin E: 1.11mg (7.4%), Zinc: 1.07mg (7.13%), Vitamin B2: 0.1mg (6.08%), Vitamin A: 299.38IU (5.99%), Calcium: 36.17mg (3.62%), Selenium: 1.7µg (2.43%)