



Chili-Roasted Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 8 garlic clove peeled
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 bell pepper red seeded cut into 1/2-inch strips
- ☐ 1 onion red cut into 6 wedges

- ☐ 1.5 pounds potatoes – remove skin red cut into 6 wedges
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon chili paste depending on your taste pref (such as Dynasty)
- ☐ 2 tablespoons water
- ☐ 1 teaspoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 9 ingredients in a large bowl; stir with a whisk.
- ☐ Add potatoes, onion, bell pepper, and garlic; toss well to coat. Arrange vegetable mixture in a single layer in a shallow roasting pan; bake at 400 for 35 minutes or until potatoes are tender, stirring after 20 minutes.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1.52, Inflammation Score:-8, Nutrition Score:13.521304420803%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg, Quercetin: 6.89mg

Quercetin: 6.89mg, Quercetin: 6.89mg

Nutrients (% of daily need)

Calories: 183.32kcal (9.17%), Fat: 3.97g (6.1%), Saturated Fat: 0.59g (3.69%), Carbohydrates: 34.86g (11.62%), Net Carbohydrates: 30.56g (11.11%), Sugar: 5.15g (5.72%), Cholesterol: 0mg (0%), Sodium: 199.85mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Vitamin C: 60.02mg (72.76%), Potassium: 933.24mg (26.66%), Vitamin B6: 0.49mg (24.74%), Manganese: 0.43mg (21.47%), Vitamin A: 1006.44IU (20.13%), Fiber: 4.29g (17.17%), Copper: 0.27mg (13.6%), Phosphorus: 132.16mg (13.22%), Folate: 52.19µg (13.05%), Vitamin B1: 0.18mg (12.27%), Vitamin B3: 2.39mg (11.93%), Magnesium: 47.44mg (11.86%), Iron: 1.83mg (10.17%), Vitamin K: 10.4µg (9.91%), Vitamin E: 1.1mg (7.36%), Vitamin B5: 0.65mg (6.51%), Vitamin B2: 0.1mg (5.82%), Zinc: 0.78mg (5.18%), Calcium: 44.27mg (4.43%), Selenium: 1.93µg (2.75%)