



Chipotle-Cilantro Roasted New Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



39 min.

SERVINGS



6

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon chiles in adobo sauce
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 chipotle chile canned chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.3 teaspoon lime rind fresh grated
- ☐ 2 teaspoons olive oil divided
- ☐ 2 pounds potatoes red quartered 18

☐

0.5 teaspoon salt

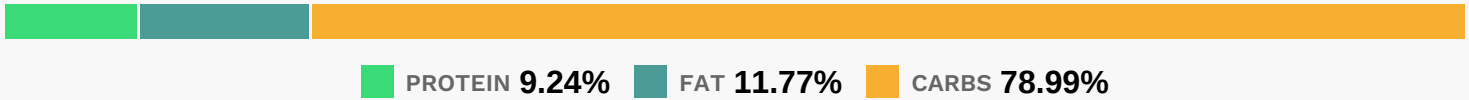
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Toss quartered potatoes in a large bowl with 1 teaspoon olive oil, salt, and pepper.
- ☐ Place potatoes on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 450 for 30 to 35 minutes or until tender, stirring once after 25 minutes.
- ☐ Transfer potatoes to a large bowl.
- ☐ Combine remaining 1 teaspoon olive oil, chipotle chile, and next 4 ingredients in a small bowl.
- ☐ Pour over potatoes, and toss well.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:6.7043478177941%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 121.22kcal (6.06%), Fat: 1.64g (2.52%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 21.89g (7.96%), Sugar: 2.16g (2.4%), Cholesterol: 0mg (0%), Sodium: 292.88mg (12.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.79%), Potassium: 695.4mg (19.87%), Vitamin C: 13.73mg (16.64%), Vitamin B6: 0.26mg (12.95%), Fiber: 2.87g (11.5%), Manganese: 0.23mg (11.37%), Copper: 0.21mg (10.3%), Phosphorus: 93.09mg (9.31%), Vitamin B3: 1.75mg (8.75%), Magnesium: 33.82mg (8.45%), Vitamin B1: 0.12mg

(8.24%), Vitamin K: 7.43µg (7.08%), Folate: 27.85µg (6.96%), Iron: 1.21mg (6.71%), Vitamin B5: 0.43mg (4.29%), Zinc: 0.51mg (3.37%), Vitamin B2: 0.05mg (2.85%), Calcium: 16.84mg (1.68%), Vitamin E: 0.24mg (1.6%), Vitamin A: 57.94IU (1.16%), Selenium: 0.78µg (1.12%)