



Church-Style Lemon-Roasted Potatoes



Vegetarian



Gluten Free



Low Fod Map

READY IN



28 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 4 teaspoons thyme leaves fresh chopped
- ☐ 0.3 cup juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 3 pounds yukon gold red peeled

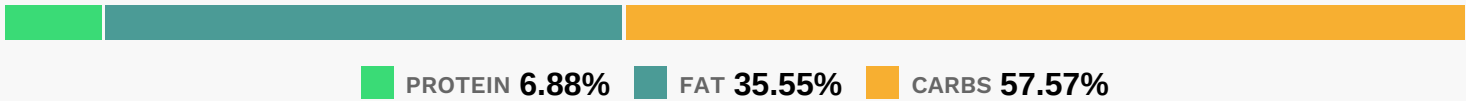
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Cook olive oil and butter in a skillet over medium heat, stirring constantly, 3 to 4 minutes or until butter begins to turn golden brown.
- ☐ Remove butter mixture from heat, and add peeled potatoes, tossing gently to coat.
- ☐ Spread potatoes in a single layer in a 15- x 10-inch jelly-roll pan.
- ☐ Bake at 400 for 40 to 45 minutes or until potatoes are golden brown and tender, stirring twice.
- ☐ Transfer potatoes to a large serving bowl, and toss with lemon juice, chopped fresh thyme, salt, and pepper until well coated.
- ☐ Serve potatoes immediately.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:0.06, Inflammation Score:-8, Nutrition Score:8.1278260301637%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 187.3kcal (9.37%), Fat: 7.66g (11.78%), Saturated Fat: 2.14g (13.39%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 24.81g (9.02%), Sugar: 2.39g (2.65%), Cholesterol: 5.64mg (1.88%), Sodium: 265.81mg (11.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin C: 19.18mg (23.25%), Potassium: 790.27mg (22.58%), Vitamin B6: 0.3mg (14.83%), Manganese: 0.27mg (13.72%), Fiber: 3.09g (12.34%), Copper:

0.24mg (11.83%), Phosphorus: 106.26mg (10.63%), Magnesium: 39.75mg (9.94%), Vitamin B3: 1.98mg (9.91%), Vitamin B1: 0.14mg (9.36%), Folate: 32.69µg (8.17%), Iron: 1.47mg (8.15%), Vitamin K: 8.48µg (8.08%), Vitamin E: 0.85mg (5.64%), Vitamin B5: 0.49mg (4.93%), Zinc: 0.59mg (3.92%), Vitamin B2: 0.06mg (3.51%), Vitamin A: 126.16IU (2.52%), Calcium: 22.89mg (2.29%), Selenium: 0.89µg (1.27%)