



Country-Roasted Barbecue Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon agave nectar
- ☐ 2 tablespoons dairy-free margarine melted
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.3 teaspoon pepper
- ☐ 2 pounds potatoes red
- ☐ 0.5 teaspoon salt
- ☐ 3 teaspoons lawry's seasoned salt

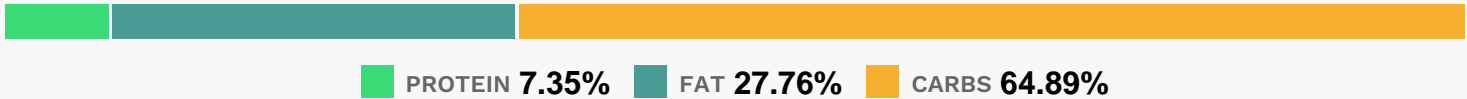
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat your oven to 450°F.Coat a 9 x 13-inch baking pan with nonstick spray.
- ☐ Cut the potatoes into small to medium-sized pieces and put in pan.
- ☐ Drizzle the oil or margarine and honey over the potatoes, and sprinkle with the seasoned salt, salt, garlic powder and pepper. Toss the potatoes to evenly coat them with the oil, sweetener, and seasonings.
- ☐ Bake the potatoes, uncovered, for 15 minutes, give them a stir, and bake for another 10 to 15 minutes, or until they are tender and golden brown.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:6.4226087266984%

Flavonoids

Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 150.5kcal (7.53%), Fat: 4.85g (7.46%), Saturated Fat: 3.9g (24.4%), Carbohydrates: 25.5g (8.5%), Net Carbohydrates: 22.89g (8.32%), Sugar: 3.09g (3.43%), Cholesterol: 0mg (0%), Sodium: 1383.9mg (60.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Potassium: 690.89mg (19.74%), Vitamin C: 13.29mg (16.11%), Vitamin B6: 0.26mg (13.16%), Manganese: 0.23mg (11.43%), Fiber: 2.61g (10.42%), Copper: 0.21mg (10.28%), Phosphorus: 92.9mg (9.29%), Vitamin B3: 1.75mg (8.75%), Magnesium: 33.55mg (8.39%), Vitamin B1: 0.13mg (8.34%), Folate: 27.79µg (6.95%), Iron: 1.13mg (6.3%), Vitamin K: 4.92µg (4.69%), Vitamin B5: 0.42mg (4.24%), Zinc: 0.51mg (3.39%), Vitamin B2: 0.05mg (2.94%), Calcium: 16.49mg (1.65%), Selenium: 0.82µg (1.17%)