



Crispy Roasted Potatoes and Asparagus



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



305 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds asparagus thick trimmed
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon tarragon leaves fresh chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 6 servings ultimate roast chicken french with herb seasoning
- ☐ 0.5 teaspoon sea salt
- ☐ 1.5 pounds yukon gold potatoes peeled halved

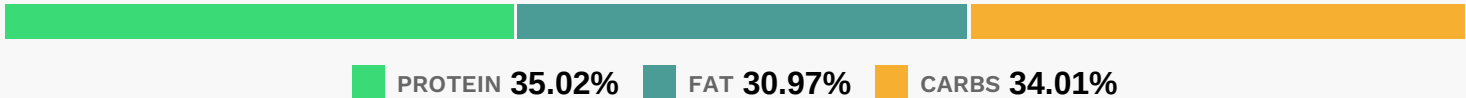
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Put potatoes in pan when chicken goes in the oven; cook, turning occasionally, until brown and crisp (chicken will be done).
- ☐ Transfer potatoes to a platter, tip juices out of chicken into pan, and set chicken on platter. Increase oven to 500, toss asparagus in pan juices, and roast in the pan until tips crisp, 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:43.79, Glycemic Load:15.74, Inflammation Score:-8, Nutrition Score:24.79608701623%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 8.65mg, Isorhamnetin: 8.65mg, Isorhamnetin: 8.65mg, Isorhamnetin: 8.65mg Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg Quercetin: 21.95mg, Quercetin: 21.95mg, Quercetin: 21.95mg, Quercetin: 21.95mg

Nutrients (% of daily need)

Calories: 304.77kcal (15.24%), Fat: 10.68g (16.43%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 26.39g (8.8%), Net Carbohydrates: 20.58g (7.48%), Sugar: 3.74g (4.15%), Cholesterol: 63.75mg (21.25%), Sodium: 268.23mg (11.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.17g (54.35%), Vitamin K: 69.2µg (65.9%), Vitamin B3: 9.48mg (47.41%), Vitamin B6: 0.85mg (42.5%), Vitamin C: 31.68mg (38.4%), Selenium: 24.79µg (35.42%), Phosphorus: 310.66mg (31.07%), Iron: 5.58mg (30.99%), Potassium: 1016.49mg (29.04%), Manganese: 0.54mg (27.17%), Folate: 104.77µg (26.19%), Vitamin A: 1251.85IU (25.04%), Vitamin B1: 0.36mg (24.21%), Copper: 0.47mg (23.39%), Fiber: 5.81g (23.24%), Vitamin B2: 0.39mg (23%), Magnesium: 69.65mg (17.41%), Zinc: 2.49mg (16.59%), Vitamin E: 2.39mg (15.96%), Vitamin B5: 1.58mg (15.8%), Calcium: 74.75mg (7.47%), Vitamin B12: 0.25µg (4.11%)