



Cumin-Achiote Roasted Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup achiote oil
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 tablespoon ground cumin
- ☐ 0.5 teaspoon onion powder
- ☐ 2 pounds skinned potatoes red
- ☐ 6 servings salt and pepper

Equipment

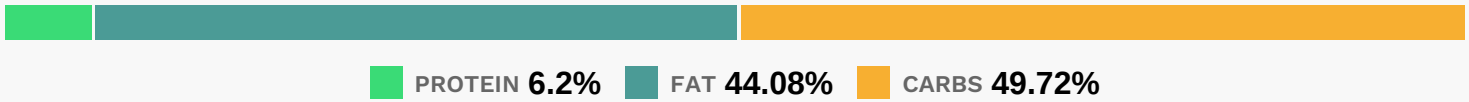
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Cut the potatoes in half or quarters and place in a bowl with the remaining ingredients. Toss until the potatoes are well coated.lace the potatoes on a baking sheet and spread out into one layer.Roast in the oven for about 45 minutes or until browned.
- ☐ Remove the potatoes from the oven, season to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:7.5839129725228%

Flavonoids

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

Nutrients (% of daily need)

Calories: 193.49kcal (9.67%), Fat: 9.77g (15.03%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 22.07g (8.03%), Sugar: 1.99g (2.21%), Cholesterol: 0mg (0%), Sodium: 222.96mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.19%), Potassium: 710.49mg (20.3%), Vitamin C: 13.12mg (15.91%), Vitamin B6: 0.27mg (13.34%), Manganese: 0.25mg (12.58%), Vitamin E: 1.68mg (11.23%), Fiber: 2.72g (10.89%), Copper: 0.21mg (10.69%), Vitamin K: 11.1µg (10.57%), Iron: 1.79mg (9.94%), Phosphorus: 98.79mg (9.88%), Magnesium: 37.31mg (9.33%), Vitamin B3: 1.79mg (8.93%), Vitamin B1: 0.13mg (8.71%), Folate: 27.54µg (6.88%), Vitamin B5: 0.42mg (4.25%), Zinc: 0.56mg (3.74%), Vitamin B2: 0.05mg (2.98%), Calcium: 25.39mg (2.54%), Selenium: 0.89µg (1.27%)