



WHATSheATE



Early Morning Oven Roasted New Potatoes



Vegetarian



Gluten Free



Popular



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 2 teaspoons rosemary fresh
- ☐ 1.5 pounds new potatoes cut into wedges
- ☐ 4 servings salt and pepper to taste

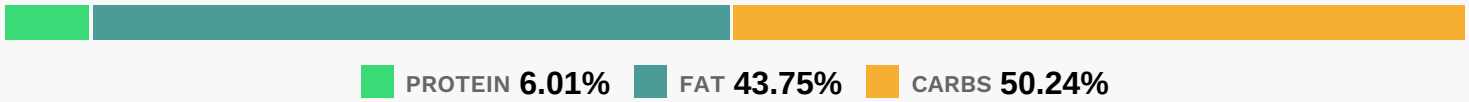
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ In a hot skillet, melt the butter. Stir in rosemary, salt and pepper. Coat potatoes evenly with the melted butter. Arrange the potatoes in a single layer on a baking pan.
- ☐ Bake in a preheated oven until potatoes are golden brown, approximately 20 to 25 minutes. Toss them occasionally to ensure that they brown on all sides.

Nutrition Facts



Properties

Glycemic Index:33.44, Glycemic Load:21.76, Inflammation Score:-5, Nutrition Score:8.9173913766509%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 231.42kcal (11.57%), Fat: 11.51g (17.71%), Saturated Fat: 7.24g (45.26%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 25.99g (9.45%), Sugar: 1.34g (1.48%), Cholesterol: 30.1mg (10.03%), Sodium: 294.03mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Vitamin C: 33.52mg (40.63%), Vitamin B6: 0.5mg (25.12%), Potassium: 719.84mg (20.57%), Fiber: 3.75g (15%), Manganese: 0.26mg (13.06%), Phosphorus: 100.35mg (10.03%), Magnesium: 39.45mg (9.86%), Copper: 0.18mg (9.2%), Vitamin B1: 0.14mg (9.12%), Vitamin B3: 1.8mg (9%), Iron: 1.33mg (7.41%), Vitamin A: 354.72IU (7.09%), Folate: 27.69µg (6.92%), Vitamin B5: 0.52mg (5.19%), Vitamin K: 4.21µg (4.01%), Vitamin B2: 0.06mg (3.49%), Zinc: 0.51mg (3.38%), Calcium: 24.05mg (2.41%), Vitamin E: 0.34mg (2.28%)