

**19%**
HEALTH SCORE

Rosemary Red Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



268 kcal

SIDE DISH

Ingredients

- 1.8 pounds potatoes – remove skin red quartered
- 1 small onion quartered
- 0.3 cup olive oil
- 1.5 teaspoons rosemary dried crushed
- 2 garlic clove minced
- 0.3 teaspoon garlic salt

Equipment

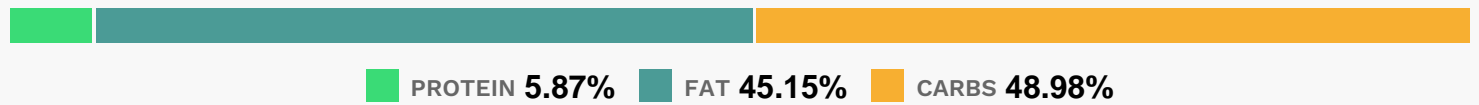
- bowl

- oven
- baking pan
- aluminum foil

Directions

- In a bowl, combine the potatoes, onion, oil, rosemary, garlic and garlic salt; toss to coat.
- Transfer to a foil-lined 15x10x1-in. baking pan.
- Bake, uncovered, at 425° for 25–30 minutes or until potatoes are tender and browned.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:0.51, Inflammation Score:-4, Nutrition Score:9.8039130827655%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 267.61kcal (13.38%), Fat: 13.81g (21.24%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 33.71g (11.24%), Net Carbohydrates: 29.99g (10.91%), Sugar: 3.32g (3.69%), Cholesterol: 0mg (0%), Sodium: 182.31mg (7.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Potassium: 935.02mg (26.71%), Vitamin C: 18.85mg (22.85%), Vitamin B6: 0.38mg (18.88%), Manganese: 0.33mg (16.43%), Fiber: 3.72g (14.87%), Copper: 0.28mg (13.88%), Vitamin K: 13.98µg (13.31%), Vitamin E: 1.97mg (13.12%), Phosphorus: 128.45mg (12.84%), Vitamin B3: 2.31mg (11.56%), Vitamin B1: 0.17mg (11.47%), Magnesium: 45.87mg (11.47%), Folate: 39.21µg (9.8%), Iron: 1.6mg (8.88%), Vitamin B5: 0.58mg (5.84%), Zinc: 0.7mg (4.69%), Vitamin B2: 0.07mg (4%), Calcium: 27.29mg (2.73%), Selenium: 1.29µg (1.85%)