



Forked Oven-Roasted Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



381 kcal

SIDE DISH

Ingredients



1 tablespoon kosher salt plus more



0.5 cup olive oil



6 pounds yukon gold potatoes peeled ()

Equipment



baking sheet



oven

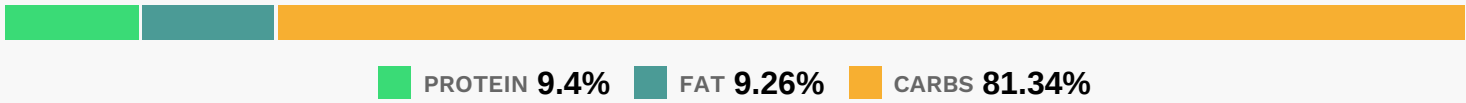


pot

Directions

- ☐ Preheat oven to 425°F. Working in 2 batches, cook potatoes in a large pot of boiling salted water for 3 minutes. Using a slotted spoon, transfer potatoes to a rimmed baking sheet. When cool enough to handle, firmly scrape the tines of a fork up and down potatoes, creating a rough, grooved surface.
- ☐ Pour oil onto another rimmed baking sheet; bake (to heat oil) for 5 minutes.
- ☐ Add potatoes; turn to coat. Season with 1 tablespoon salt. Roast, turning 3 times during cooking and occasionally basting with oil, until browned and tender, 60–70 minutes.

Nutrition Facts



Properties

Glycemic Index:13.96, Glycemic Load:58.01, Inflammation Score:-7, Nutrition Score:22.226521707099%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg, Kaempferol: 3.63mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 381.09kcal (19.05%), Fat: 4.01g (6.17%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 79.24g (26.41%), Net Carbohydrates: 69.26g (25.19%), Sugar: 3.54g (3.93%), Cholesterol: 0mg (0%), Sodium: 1190.03mg (51.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.33%), Vitamin C: 89.36mg (108.31%), Vitamin B6: 1.34mg (66.9%), Potassium: 1909.9mg (54.57%), Fiber: 9.98g (39.92%), Manganese: 0.7mg (34.85%), Magnesium: 104.36mg (26.09%), Phosphorus: 258.55mg (25.85%), Copper: 0.49mg (24.54%), Vitamin B1: 0.36mg (24.19%), Vitamin B3: 4.78mg (23.9%), Iron: 3.57mg (19.82%), Folate: 72.57µg (18.14%), Vitamin B5: 1.34mg (13.43%), Vitamin K: 10.79µg (10.27%), Zinc: 1.32mg (8.79%), Vitamin B2: 0.15mg (8.54%), Calcium: 55.19mg (5.52%), Vitamin E: 0.56mg (3.76%), Selenium: 1.36µg (1.95%)