



Garlic-Roasted New Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



198 kcal

SIDE DISH

Ingredients

- 3 bay leaves
- 2 sprigs rosemary fresh
- 2 cloves garlic peeled cut in half
- 0.3 teaspoon coarsely ground pepper
- 1 pound new potatoes cut in half
- 1 teaspoon olive oil
- 0.1 teaspoon salt

Equipment

frying pan

oven

Directions

Coat potato halves with cooking spray. Coat a 9-inch cast-iron skillet with cooking spray; add oil.

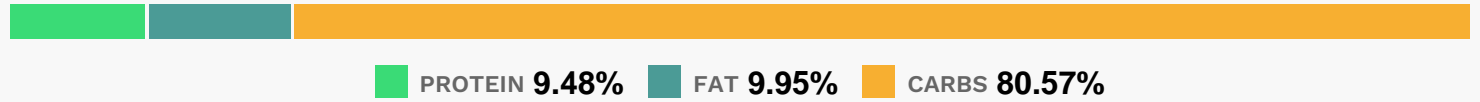
Place over medium heat until hot; add potato, bay leaves, garlic, and rosemary, stirring gently.

Sprinkle with pepper and salt.

Bake at 450 for 40 minutes or until browned, stirring twice.

Remove and discard bay leaves and rosemary.

Nutrition Facts



Properties

Glycemic Index:72.88, Glycemic Load:29.31, Inflammation Score:-5, Nutrition Score:11.96521741411%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 198.01kcal (9.9%), Fat: 2.25g (3.45%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 35.74g (13%), Sugar: 1.8g (2%), Cholesterol: 0mg (0%), Sodium: 159.61mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.63%), Vitamin C: 45.71mg (55.4%), Vitamin B6: 0.71mg (35.5%), Potassium: 971.68mg (27.76%), Manganese: 0.44mg (22.13%), Fiber: 5.17g (20.68%), Phosphorus: 134.49mg (13.45%), Magnesium: 53.62mg (13.4%), Copper: 0.26mg (12.91%), Vitamin B1: 0.19mg (12.52%), Vitamin B3: 2.42mg (12.09%), Iron: 1.93mg (10.71%), Folate: 36.8µg (9.2%), Vitamin B5: 0.69mg (6.93%), Vitamin K: 5.97µg (5.69%), Zinc: 0.7mg (4.68%), Vitamin B2: 0.08mg (4.54%), Calcium: 35.43mg (3.54%), Vitamin E: 0.32mg (2.1%), Selenium: 1.12µg (1.6%)