



Garlic-Roasted Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



89 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 0.3 teaspoon garlic powder
- 1 teaspoon olive oil
- 1 pound potatoes red (8 potatoes)
- 0.3 teaspoon salt

Equipment

- bowl
- baking sheet

oven

Directions

Preheat oven to 45

Scrub potatoes; cut each into 8 wedges.

Place wedges in a large bowl.

Drizzle with oil; toss well.

Sprinkle with salt, garlic powder, and pepper; toss until potatoes are evenly coated with spices. Arrange wedges in a single layer on a large rimmed baking sheet coated with cooking spray.

Bake at 450 for 20 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:4.8708695866491%

Flavonoids

Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 89.15kcal (4.46%), Fat: 1.16g (1.79%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 16.27g (5.92%), Sugar: 1.47g (1.63%), Cholesterol: 0mg (0%), Sodium: 165.91mg (7.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.37%), Potassium: 519.9mg (14.85%), Vitamin C: 9.75mg (11.82%), Vitamin B6: 0.2mg (9.81%), Manganese: 0.18mg (8.9%), Fiber: 1.98g (7.91%), Copper: 0.15mg (7.74%), Phosphorus: 70.15mg (7.01%), Vitamin B3: 1.31mg (6.53%), Magnesium: 25.31mg (6.33%), Vitamin B1: 0.09mg (6.19%), Folate: 20.52µg (5.13%), Iron: 0.86mg (4.76%), Vitamin K: 4.1µg (3.9%), Vitamin B5: 0.32mg (3.2%), Zinc: 0.38mg (2.54%), Vitamin B2: 0.04mg (2.1%), Calcium: 12.14mg (1.21%), Vitamin E: 0.16mg (1.05%)