



WHATSheATE



Garlicky Roasted Potatoes with Herbs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



91 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black freshly ground



0.3 cup parsley fresh chopped



2 tablespoons garlic chopped



0.5 teaspoon lemon zest grated



1 tablespoon olive oil



0.5 teaspoon sea salt



4 cups potatoes - remove skin red quartered

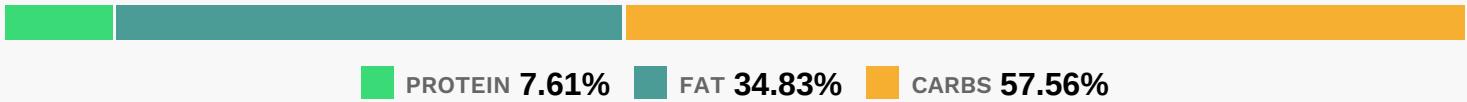
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 47
- ☐ Combine garlic and oil in a small saucepan over medium heat. Cook 2 minutes or until golden, stirring frequently.
- ☐ Remove garlic with a slotted spoon; set aside.
- ☐ Drizzle remaining oil evenly over potatoes in a large bowl, tossing well to coat. Arrange potatoes in a single layer on a baking sheet coated with cooking spray, and sprinkle with salt and pepper.
- ☐ Bake at 475 for 30 minutes or until potatoes are golden.
- ☐ Combine reserved garlic, parsley, and lemon rind in a small bowl; sprinkle garlic mixture evenly over potatoes.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:7.405652201694%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 91.18kcal (4.56%), Fat: 3.66g (5.63%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 12.07g (4.39%), Sugar: 1.05g (1.17%), Cholesterol: 0mg (0%), Sodium: 307.08mg (13.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin K: 66.05µg (62.91%), Vitamin C: 13.01mg (15.77%),

Potassium: 380.22mg (10.86%), Manganese: 0.2mg (9.77%), Vitamin B6: 0.18mg (9.06%), Vitamin A: 322.32IU (6.45%), Fiber: 1.54g (6.16%), Copper: 0.12mg (6.01%), Phosphorus: 54.27mg (5.43%), Iron: 0.88mg (4.91%), Magnesium: 19.63mg (4.91%), Folate: 19.37µg (4.84%), Vitamin B1: 0.07mg (4.82%), Vitamin B3: 0.94mg (4.71%), Vitamin E: 0.54mg (3.63%), Vitamin B5: 0.25mg (2.51%), Zinc: 0.34mg (2.25%), Calcium: 21.02mg (2.1%), Vitamin B2: 0.03mg (1.87%), Selenium: 0.96µg (1.36%)