



Golden Olive Oil-roasted Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



8

CALORIES



265 kcal

SIDE DISH

Ingredients



3 tablespoons olive oil extra virgin extra-virgin



0.5 tbsp sea salt



5 pounds yukon gold potatoes

Equipment



bowl



oven



pot



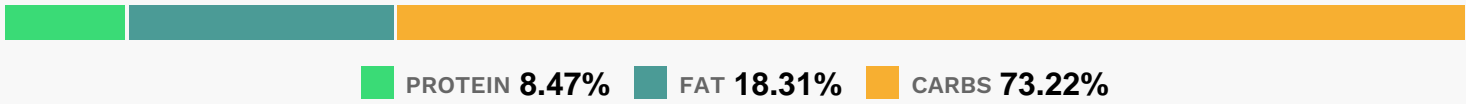
baking pan

☐ colander

Directions

- ☐ Peel potatoes and cut into 1 1/2-in. cubes. Put in a large bowl, cover with cold water, and refrigerate overnight.*
- ☐ Preheat oven to 47
- ☐ Bring a large pot of lightly salted water to a boil over high heat.
- ☐ Add potatoes and cook until barely tender when pierced, about 10 minutes.
- ☐ Pour into a colander and let drain and dry 10 minutes.
- ☐ Set potatoes in a single layer in a large rimmed baking pan.
- ☐ Drizzle evenly with olive oil and sprinkle with 1/2 tbsp. salt; stir gently to coat.
- ☐ Bake potatoes until golden brown, 25 to 30 minutes, turning halfway through baking. Mound hot potatoes on a platter or in a shallow serving bowl; sprinkle with more salt to taste.
- ☐ *Soaking the potatoes at least a day (and up to 2 days) ahead makes them even crisper on the outside and creamier in the middle.

Nutrition Facts



Properties

Glycemic Index:10.47, Glycemic Load:36.26, Inflammation Score:-5, Nutrition Score:14.318260663877%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 264.7kcal (13.24%), Fat: 5.51g (8.47%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 49.53g (16.51%), Net Carbohydrates: 43.29g (15.74%), Sugar: 2.21g (2.46%), Cholesterol: 0mg (0%), Sodium: 453.14mg (19.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.45%), Vitamin C: 55.85mg (67.7%), Vitamin B6: 0.84mg (41.82%), Potassium: 1193.66mg (34.1%), Fiber: 6.24g (24.95%), Manganese: 0.43mg (21.74%), Magnesium: 65.22mg (16.3%), Phosphorus: 161.59mg (16.16%), Copper: 0.31mg (15.33%), Vitamin B1: 0.23mg (15.12%), Vitamin B3: 2.99mg (14.94%), Iron: 2.24mg (12.47%), Folate: 45.36µg (11.34%), Vitamin B5: 0.84mg (8.39%), Vitamin K: 8.55µg (8.14%),

Zinc: 0.82mg (5.49%), Vitamin B2: 0.09mg (5.34%), Vitamin E: 0.78mg (5.23%), Calcium: 34.34mg (3.43%),
Selenium: 0.85µg (1.22%)