



HEALTH SCORE

71%

## Greek Potatoes (Oven-Roasted and Delicious!)



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



89 min.

SERVINGS



8

CALORIES



313 kcal

SIDE DISH

## Ingredients

- ☐ 4 garlic cloves good minced for this recipe (more garlic is a thing, less garlic is a no-no )
- ☐ 8 servings coarse ground pepper fresh black
- ☐ 1 juice of lemon juiced
- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon oregano dried (get the Mediterranean, it's the best!)
- ☐ 8 large potatoes peeled cut into large wedges ( 6-7 wedges per potato)
- ☐ 8 servings sea salt
- ☐ 1 cup water

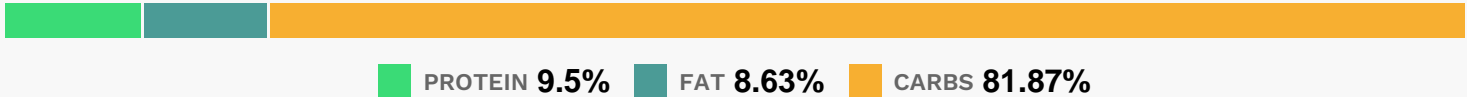
## Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

## Directions

- ☐ Preheat oven to 420°F A reviewer has suggested spraying the baking pan with Pam – that sounds like a great idea!2 Put all the ingredients into a baking pan large enough to hold them.3 Season generously with sea salt and black pepper.4 Make sure your hands are very clean and put them in the pan and give everything a toss to distribute.5 The garlic will drop into the water/oil solution but its flavour will permeate the potatoes, and this way, it won't burn.6
- ☐ Bake for 40 minutes.7 When a nice golden-brown crust has formed on the potatoes, give them a stir to bring the white underside up, season lightly with a bit more sea salt and pepper and just a light sprinkling of oregano.8
- ☐ Add 1/2 cup more water if pan appears to be getting dry, and pop back into oven to brown other side of potatoes.9 This will take about another 40 minutes.10 Do not be afraid of overcooking the potatoes– they will be delicious.11 Note: I often melt a bouillon cube in the water; if you do, make sure to cut back some on the salt.

## Nutrition Facts



## Properties

Glycemic Index:18.84, Glycemic Load:47.35, Inflammation Score:-8, Nutrition Score:19.263913004295%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg, Kaempferol: 2.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

## Nutrients (% of daily need)

Calories: 312.97kcal (15.65%), Fat: 3.08g (4.74%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 65.71g (21.9%), Net Carbohydrates: 57.26g (20.82%), Sugar: 3.01g (3.35%), Cholesterol: 0mg (0%), Sodium: 217.93mg (9.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Vitamin C: 74.63mg (90.46%), Vitamin B6: 1.12mg (55.78%), Potassium: 1572.64mg (44.93%), Fiber: 8.45g (33.81%), Manganese: 0.63mg (31.73%), Magnesium: 87.63mg (21.91%), Phosphorus: 214.01mg (21.4%), Copper: 0.41mg (20.69%), Vitamin B1: 0.3mg (20.02%), Vitamin B3: 3.93mg (19.67%), Iron: 3.16mg (17.57%), Folate: 61.33µg (15.33%), Vitamin K: 12.71µg (12.11%), Vitamin B5: 1.11mg (11.13%), Zinc: 1.11mg (7.41%), Vitamin B2: 0.12mg (7.28%), Calcium: 58.68mg (5.87%), Vitamin E: 0.55mg (3.65%), Selenium: 1.36µg (1.94%)