



Greek Potatoes with Lemon Vinaigrette

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



436 kcal

SIDE DISH

Ingredients

- 0.5 cup chicken broth low-sodium canned
- 2 cloves garlic chopped
- 6 tablespoons juice of lemon fresh
- 1.5 cups olive oil
- 2 tablespoons oregano dried fresh chopped
- 1 tablespoon parsley fresh italian plus more for garnish chopped
- 3 pounds russet potatoes cleaned cut lengthwise into 6 wedges
- 4 servings salt and pepper black freshly ground

1 large shallots chopped

Equipment

bowl

baking sheet

oven

whisk

Directions

Preheat oven to 425 degrees F.

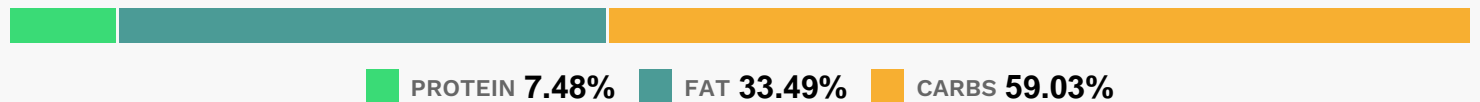
Whisk olive oil, lemon juice, shallots, garlic, oregano, and parsley in a medium bowl to blend; season with salt and pepper.

Toss potatoes with 1/2 cup vinaigrette on a heavy, large, rimmed baking sheet. Reserve the remaining vinaigrette.

Pour chicken stock around potatoes and season potatoes with salt and pepper. Roast potatoes until tender and golden brown, turning occasionally, about 45 minutes.

Transfer to a serving platter and drizzle with the remaining vinaigrette and more chopped parsley.

Nutrition Facts



Properties

Glycemic Index:53.44, Glycemic Load:48.8, Inflammation Score:-10, Nutrition Score:19.640434814536%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 435.6kcal (21.78%), Fat: 16.84g (25.9%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 66.78g (22.26%),
Net Carbohydrates: 60.93g (22.16%), Sugar: 3.33g (3.7%), Cholesterol: 0mg (0%), Sodium: 28.62mg (1.24%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.93%), Vitamin B6: 1.25mg (62.72%), Vitamin K:
48.06µg (45.77%), Potassium: 1532.58mg (43.79%), Vitamin C: 30.45mg (36.91%), Manganese: 0.72mg (35.96%),
Fiber: 5.84g (23.37%), Iron: 4.19mg (23.27%), Magnesium: 89mg (22.25%), Phosphorus: 208.24mg (20.82%),
Vitamin B3: 4.1mg (20.49%), Copper: 0.4mg (19.88%), Vitamin B1: 0.3mg (19.77%), Vitamin E: 2.87mg (19.13%),
Folate: 61.76µg (15.44%), Vitamin B5: 1.11mg (11.09%), Calcium: 93.69mg (9.37%), Vitamin B2: 0.14mg (8.34%), Zinc:
1.15mg (7.66%), Vitamin A: 132.45IU (2.65%), Selenium: 1.79µg (2.56%)