



Greek Potatoes With Lemon Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



255 kcal

SIDE DISH

Ingredients

- 0.3 cup parsley leaves fresh chopped for serving
- 2 cloves garlic chopped
- 6 servings kosher salt and pepper freshly ground
- 6 tablespoons juice of lemon fresh
- 1 cup olive oil extra-virgin (preferably Greek)
- 4 sprigs oregano dried (or 1 tablespoon)
- 3 pounds russet potatoes cut lengthwise into wedges
- 1 large shallots quartered

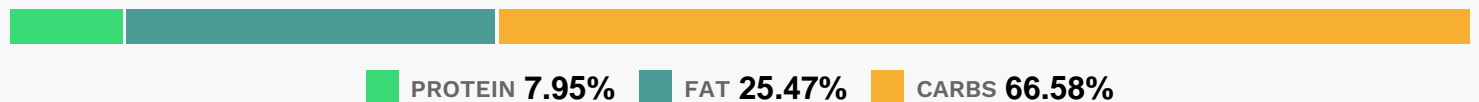
Equipment

- food processor
- bowl
- baking sheet
- oven

Directions

- Preheat the oven to 425 degrees F.
- Put the olive oil, lemon juice, shallot, garlic, oregano and parsley in a food processor; add 1 teaspoon salt, and pepper to taste. Puree until mostly smooth.
- Toss the potatoes with 1/2 cup of the prepared vinaigrette in a large bowl and spread in a single layer on a large rimmed baking sheet. (Reserve the remaining vinaigrette.) Roast the potatoes until tender and golden, turning occasionally, 45 minutes to 1 hour.
- Transfer the potatoes to a platter and drizzle with some of the remaining vinaigrette. Season with salt and garnish with the chopped parsley.
- Serve with the remaining vinaigrette on the side.
- Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:30.29, Glycemic Load:32.54, Inflammation Score:-9, Nutrition Score:14.016086853069%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg, Apigenin: 5.42mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 255.04kcal (12.75%), Fat: 7.5g (11.54%), Saturated Fat: 1.08g (6.78%), Carbohydrates: 44.13g (14.71%), Net Carbohydrates: 40.33g (14.66%), Sugar: 2.2g (2.44%), Cholesterol: 0mg (0%), Sodium: 207.83mg (9.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.27g (10.54%), Vitamin K: 57.76µg (55.01%), Vitamin B6: 0.83mg (41.61%), Potassium: 1009.88mg (28.85%), Vitamin C: 22.73mg (27.56%), Manganese: 0.46mg (22.89%), Fiber: 3.8g (15.19%), Iron: 2.72mg (15.09%), Magnesium: 59.04mg (14.76%), Phosphorus: 133.39mg (13.34%), Vitamin B1: 0.2mg (13.24%), Copper: 0.25mg (12.75%), Vitamin B3: 2.47mg (12.35%), Folate: 43.16µg (10.79%), Vitamin E: 1.35mg (8.98%), Vitamin B5: 0.74mg (7.43%), Calcium: 58.67mg (5.87%), Vitamin B2: 0.09mg (5.21%), Zinc: 0.76mg (5.04%), Vitamin A: 236.7IU (4.73%), Selenium: 1.18µg (1.68%)