



HEALTH SCORE

59%

Greek Style Potatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



140 min.

SERVINGS



4

CALORIES



412 kcal

SIDE DISH

Ingredients

- 2 cubes chicken bouillon
- 1 teaspoon rosemary dried
- 1 teaspoon thyme dried
- 2 cloves garlic finely chopped
- 4 servings pepper black to taste
- 0.3 cup juice of lemon fresh
- 0.3 cup olive oil
- 6 potatoes peeled quartered

1.5 cups water

Equipment

bowl

oven

baking pan

Directions

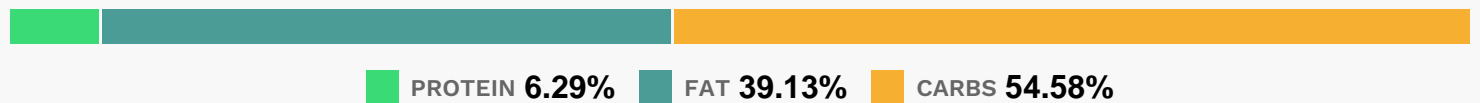
Preheat oven to 350 degrees F (175 degrees C).

In a small bowl, mix olive oil, water, garlic, lemon juice, thyme, rosemary, bouillon cubes and pepper.

Arrange potatoes evenly in the bottom of a medium baking dish.

Pour the olive oil mixture over the potatoes. Cover, and bake 1 1/2 to 2 hours in the preheated oven, turning occasionally, until tender but firm.

Nutrition Facts



Properties

Glycemic Index:53.94, Glycemic Load:41.02, Inflammation Score:-7, Nutrition Score:18.135652267415%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg, Kaempferol: 2.56mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 411.77kcal (20.59%), Fat: 18.36g (28.24%), Saturated Fat: 2.58g (16.16%), Carbohydrates: 57.61g (19.2%), Net Carbohydrates: 50.37g (18.32%), Sugar: 2.9g (3.22%), Cholesterol: 0mg (0%), Sodium: 26.55mg (1.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.64g (13.28%), Vitamin C: 69.45mg (84.18%), Vitamin B6: 0.97mg (48.51%), Potassium: 1370.63mg (39.16%), Fiber: 7.23g (28.94%), Manganese: 0.55mg (27.43%), Vitamin K: 21.38µg (20.36%), Magnesium: 76.45mg (19.11%), Phosphorus: 186.32mg (18.63%), Copper: 0.37mg (18.49%),

Vitamin E: 2.67mg (17.79%), Vitamin B1: 0.26mg (17.59%), Vitamin B3: 3.41mg (17.03%), Iron: 2.96mg (16.43%), Folate: 55µg (13.75%), Vitamin B5: 0.98mg (9.76%), Zinc: 0.98mg (6.52%), Vitamin B2: 0.11mg (6.32%), Calcium: 50.33mg (5.03%), Selenium: 1.21µg (1.72%)