



Healthier Oven Roasted Potatoes

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



320 kcal

SIDE DISH

Ingredients

- 1 tablespoon basil fresh chopped
- 1 tablespoon parsley fresh chopped
- 1 tablespoon rosemary fresh chopped
- 1 tablespoon garlic minced
- 1 tablespoon olive oil
- 4 large potatoes cubed peeled
- 0.5 teaspoon pepper flakes red
- 0.5 teaspoon salt

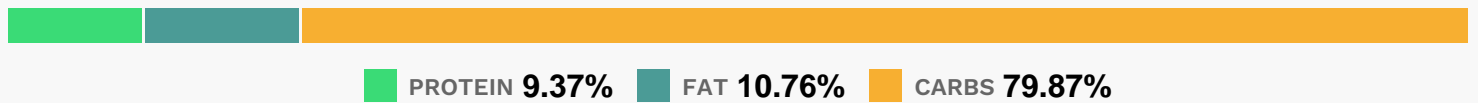
Equipment

- bowl
- baking sheet
- oven
- roasting pan

Directions

- Preheat oven to 475 degrees F (245 degrees C).
- Combine oil, garlic, basil, rosemary, parsley, red pepper flakes, and salt in a large bowl. Toss in potatoes until evenly coated.
- Place potatoes in a single layer on a roasting pan or baking sheet.
- Roast in preheated oven, turning occasionally, until potatoes are brown on all sides, 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:53.94, Glycemic Load:47.39, Inflammation Score:-7, Nutrition Score:20.030434795048%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 319.89kcal (15.99%), Fat: 3.92g (6.03%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 65.43g (21.81%), Net Carbohydrates: 57.07g (20.75%), Sugar: 2.93g (3.25%), Cholesterol: 0mg (0%), Sodium: 318.05mg (13.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.35%), Vitamin C: 74.85mg (90.72%), Vitamin B6: 1.12mg (56.1%), Potassium: 1576.84mg (45.05%), Fiber: 8.36g (33.43%), Manganese: 0.62mg (30.76%), Vitamin K: 27.89µg (26.56%), Magnesium: 87.03mg (21.76%), Phosphorus: 215.33mg (21.53%), Copper: 0.41mg (20.61%),

Vitamin B1: 0.3mg (20.07%), Vitamin B3: 3.95mg (19.77%), Iron: 3.09mg (17.16%), Folate: 61.58µg (15.39%), Vitamin B5: 1.12mg (11.15%), Zinc: 1.12mg (7.49%), Vitamin B2: 0.12mg (7.34%), Calcium: 52.79mg (5.28%), Vitamin E: 0.65mg (4.33%), Vitamin A: 206.92IU (4.14%), Selenium: 1.45µg (2.06%)