



Herb-Roasted Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



48 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds new potatoes red quartered
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings salt
- ☐ 1 Leaves from 1/4 bunch thyme fresh

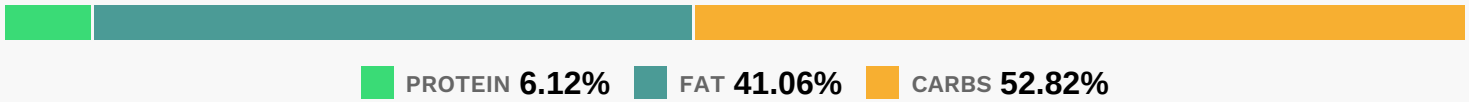
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 375 degrees F. Toss together the potatoes, oil, and thyme, and sprinkle with salt. Dump the potatoes out on a baking sheet and roast until tender and crisp on the edges, 30 to 40 minutes.

Nutrition Facts



Properties

Glycemic Index:32.19, Glycemic Load:29.02, Inflammation Score:-6, Nutrition Score:12.166086978239%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 294.23kcal (14.71%), Fat: 13.71g (21.09%), Saturated Fat: 1.92g (12.02%), Carbohydrates: 39.68g (13.23%), Net Carbohydrates: 34.66g (12.6%), Sugar: 1.77g (1.97%), Cholesterol: 0mg (0%), Sodium: 207.69mg (9.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.19%), Vitamin C: 45.08mg (54.64%), Vitamin B6: 0.67mg (33.5%), Potassium: 956.51mg (27.33%), Fiber: 5.02g (20.1%), Manganese: 0.35mg (17.59%), Magnesium: 52.57mg (13.14%), Vitamin E: 1.97mg (13.11%), Phosphorus: 129.54mg (12.95%), Copper: 0.25mg (12.32%), Vitamin B1: 0.18mg (12.1%), Vitamin B3: 2.39mg (11.97%), Vitamin K: 12.44µg (11.84%), Iron: 1.89mg (10.5%), Folate: 36.4µg (9.1%), Vitamin B5: 0.67mg (6.72%), Zinc: 0.66mg (4.42%), Vitamin B2: 0.07mg (4.34%), Calcium: 28.48mg (2.85%)