

SIDE DISH

Herb Roasted Potatoes

16 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
45 min	5 min	40 min	4	\$1.41	222 kcal

Need a gluten free, dairy free, lacto ovo vegetarian, and whole 30 side dish? Herb Roasted Potatoes could be an amazing recipe to try. This recipe makes 4 servings with 222 calories, 3g of protein, and 14g of fat each. For \$1.41 per serving, this recipe covers 11% of your daily requirements of vitam...

Ingredients

- ☐ 6 cloves garlic, smashed
- ☐ 1 pound new potatoes, assorted varieties and colors are great
- ☐ 1 pinch Pinch crushed red pepper flakes
- ☐ 4 servings Kosher salt
- ☐ 4 servings Extra-virgin olive oil
- ☐ 2 tablespoons finely chopped sage

EQUIPMENT Bowl, Oven

Method

- 1

Preheat oven to 400 degrees F.
- 2

Cut the potatoes into halves or quarters, as long as they are all about the same size.
- 3

Place the potatoes in a large bowl and add the garlic, sage, and crushed red pepper. Generously sprinkle with kosher salt and olive oil. (The potatoes will absorb a lot of oil and salt; they will taste bland if we don't go big here.)
- 4

Lay the potatoes in a single layer on a sheet tray and roast in the preheated oven for 20 to 30 minutes. Check the potatoes halfway through the cooking process to rearrange so the potatoes will have even cooking time and get evenly browned. The potatoes should be nice and brown and really well flavored.

- 5 Transfer to a serving bowl and serve.
- 6 Hot potato!

Nutrition per serving

222	3 g	14 g	22 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2.1 g · 13% of daily needs
Fibre			2.8 g · 11% of daily needs
Sugar			0.9 g · 1% of daily needs
Sodium			202 mg · 9% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			23.7 mg · 29% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/herb-roasted-potatoes-142986