



Herb-Roasted Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

Ingredients



0.3 teaspoon pepper black freshly ground



2 teaspoons parsley fresh chopped



1 tablespoon thyme sprigs fresh chopped



1 tablespoon olive oil



1.3 pounds potatoes – remove skin red quartered



0.3 teaspoon salt

Equipment



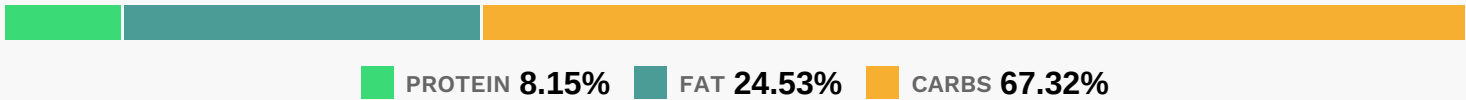
bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Combine olive oil, thyme, salt, pepper, and potatoes in a medium bowl; toss to coat.
- ☐ Place potatoes on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 425 for 28 minutes, stirring once.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:6.795217462208%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 132.26kcal (6.61%), Fat: 3.73g (5.74%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 20.36g (7.4%), Sugar: 1.83g (2.03%), Cholesterol: 0mg (0%), Sodium: 171.14mg (7.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Potassium: 657.61mg (18.79%), Vitamin C: 15.06mg (18.25%), Vitamin B6: 0.25mg (12.37%), Manganese: 0.25mg (12.32%), Fiber: 2.69g (10.75%), Copper: 0.2mg (10.08%), Phosphorus: 88.55mg (8.85%), Magnesium: 34.23mg (8.56%), Vitamin B3: 1.66mg (8.31%), Vitamin B1: 0.12mg (7.72%), Iron: 1.38mg (7.65%), Vitamin K: 7.24µg (6.9%), Folate: 26.4µg (6.6%), Vitamin B5: 0.4mg (4.05%), Vitamin E: 0.52mg (3.47%), Zinc: 0.5mg (3.35%), Vitamin B2: 0.05mg (3.09%), Calcium: 22.01mg (2.2%), Vitamin A: 97.96IU (1.96%), Selenium: 0.72µg (1.02%)