



WHATSheATE



Herbed Greek Roasted Potatoes with Feta Cheese



Vegetarian



Gluten Free

READY IN



100 min.

SERVINGS



10

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce feta cheese crumbled
- ☐ 1 teaspoon mint leaves fresh chopped
- ☐ 6 cloves garlic minced
- ☐ 10 servings ground pepper black to taste
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.8 cup olive oil
- ☐ 1.5 tablespoons oregano dried

- ☐ 5 pounds potatoes cut into wedges
- ☐ 10 servings sea salt to taste
- ☐ 1 cup water

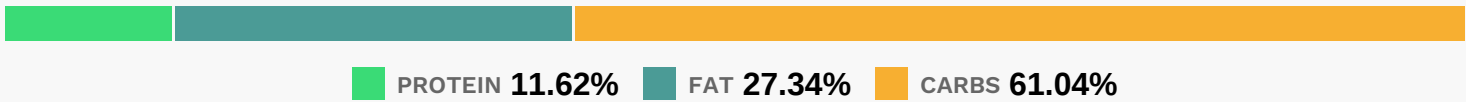
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat an oven to 450 degrees F (230 degrees C). Lightly oil a large baking dish.
- ☐ Stir the potatoes, garlic, olive oil, water, lemon juice, salt, and pepper together in a bowl until the potatoes are evenly coated; pour into the prepared baking dish.
- ☐ Roast in the preheated oven until the potatoes begin to brown, about 40 minutes. Season the potatoes with the oregano and mint. If the dish appears dry, pour another 1/2 cup water into the dish. Return to the oven and bake about 40 minutes more. Top with the crumbled feta cheese to serve.

Nutrition Facts



Properties

Glycemic Index:17.77, Glycemic Load:29.43, Inflammation Score:-8, Nutrition Score:15.301739096642%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg 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: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 269.65kcal (13.48%), Fat: 8.38g (12.89%), Saturated Fat: 3.54g (22.12%), Carbohydrates: 42.1g (14.03%), Net Carbohydrates: 36.71g (13.35%), Sugar: 1.97g (2.19%), Cholesterol: 20.18mg (6.73%), Sodium: 467.77mg (20.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.03%), Vitamin C: 47.62mg (57.72%), Vitamin B6: 0.8mg (39.92%), Potassium: 993.28mg (28.38%), Manganese: 0.44mg (21.75%), Fiber: 5.39g (21.56%), Phosphorus: 210.22mg (21.02%), Vitamin B2: 0.27mg (15.94%), Calcium: 155.96mg (15.6%), Magnesium: 59.73mg (14.93%), Vitamin B1: 0.22mg (14.86%), Copper: 0.27mg (13.43%), Vitamin B3: 2.67mg (13.35%), Iron: 2.26mg (12.54%), Folate: 46.62µg (11.66%), Vitamin K: 11.52µg (10.98%), Vitamin B5: 0.92mg (9.18%), Zinc: 1.36mg (9.06%), Vitamin B12: 0.38µg (6.39%), Selenium: 4.38µg (6.26%), Vitamin E: 0.68mg (4.52%), Vitamin A: 114.5IU (2.29%)