



WHATSheATE



Herbed Potatoes with Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 2 tablespoons flat-leaf parsley chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 tsp kosher salt
- ☐ 1.5 tablespoons lemon zest (Eureka)
- ☐ 4 tablespoons olive oil divided plus more for pan
- ☐ 3 pounds waxy potatoes red such as bliss or yukon gold (2-in.)

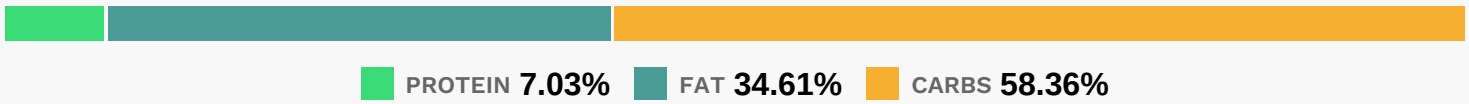
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen towels
- ☐ spatula

Directions

- ☐ Halve potatoes and soak in cold water 15 minutes. Preheat oven to 37
- ☐ Drain potatoes and dry with a kitchen towel. Put in a large bowl with 3 tbsp. olive oil, 2 tsp. salt, and 1 tbsp. chopped thyme and mix to coat.
- ☐ Spread potatoes in a single layer on an oiled rimmed baking sheet, flat side down, and roast 25 minutes.
- ☐ Drizzle with remaining 1 tbsp. olive oil and roast 30 more minutes, or until golden underneath.
- ☐ Loosen from pan with a spatula and transfer to a serving platter.
- ☐ Sprinkle with parsley, lemon zest, remaining 2 tsp. thyme, and salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:8.9026087056036%

Flavonoids

Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 182.97kcal (9.15%), Fat: 7.27g (11.18%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 24.37g (8.86%), Sugar: 2.25g (2.5%), Cholesterol: 0mg (0%), Sodium: 612.85mg (26.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.64%), Vitamin K: 25.71µg (24.49%), Vitamin C: 18.81mg (22.8%),

Potassium: 788.13mg (22.52%), Vitamin B6: 0.3mg (14.77%), Manganese: 0.27mg (13.54%), Fiber: 3.19g (12.77%),
Copper: 0.24mg (11.85%), Phosphorus: 105.56mg (10.56%), Vitamin B3: 1.99mg (9.95%), Magnesium: 39.68mg
(9.92%), Vitamin B1: 0.14mg (9.32%), Iron: 1.52mg (8.44%), Folate: 32.69µg (8.17%), Vitamin E: 1.04mg (6.91%),
Vitamin B5: 0.49mg (4.87%), Zinc: 0.59mg (3.96%), Vitamin B2: 0.06mg (3.47%), Vitamin A: 138.83IU (2.78%),
Calcium: 24.31mg (2.43%), Selenium: 0.87µg (1.24%)