



Honey Roasted Red Potatoes



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



150 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 teaspoon mustard dry
- ☐ 1 pinch ground pepper black
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons onion diced
- ☐ 1 pound potatoes red quartered
- ☐ 1 pinch salt

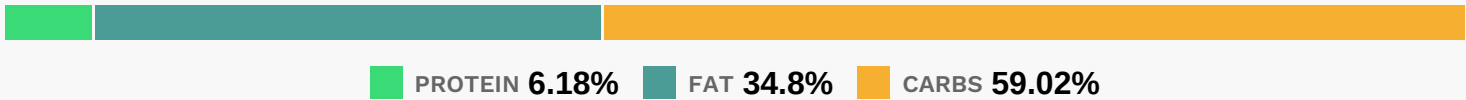
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Lightly coat an 11x7 inch baking dish with nonstick cooking spray.
- ☐ Place potatoes in a single layer in prepared dish, and top with onion. In a small bowl, combine melted butter, honey, mustard, salt and pepper; drizzle over potatoes and onion.
- ☐ Bake in the preheated 375 degrees F (190 degrees C) oven for 35 minutes or until tender, stirring halfway through the cooking time.

Nutrition Facts



Properties

Glycemic Index:40.32, Glycemic Load:2.36, Inflammation Score:-3, Nutrition Score:5.3704347798358%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 150.13kcal (7.51%), Fat: 6.02g (9.27%), Saturated Fat: 3.65g (22.81%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 20.89g (7.6%), Sugar: 6.02g (6.69%), Cholesterol: 15.05mg (5.02%), Sodium: 75.59mg (3.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.81%), Potassium: 531.7mg (15.19%), Vitamin C: 10.18mg (12.34%), Vitamin B6: 0.2mg (10.12%), Manganese: 0.19mg (9.3%), Fiber: 2.09g (8.36%), Copper: 0.16mg (7.97%), Phosphorus: 76.69mg (7.67%), Magnesium: 27.59mg (6.9%), Vitamin B3: 1.34mg (6.71%), Vitamin B1: 0.1mg (6.57%), Folate: 22.49µg (5.62%), Iron: 0.91mg (5.06%), Vitamin K: 3.87µg (3.68%), Vitamin A: 183.26IU (3.67%), Vitamin B5: 0.34mg (3.38%), Zinc: 0.43mg (2.88%), Selenium: 1.75µg (2.49%), Vitamin B2: 0.04mg (2.48%), Calcium: 15.93mg (1.59%), Vitamin E: 0.2mg (1.34%)