



How to Make Roasted Red Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

80 min.

SERVINGS

servings

6

CALORIES

calories

190 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch cayenne pepper to taste
- ☐ 6 servings kosher salt and pepper black freshly ground to taste
- ☐ 0.3 cup olive oil
- ☐ 0.5 large bell pepper red seeded cut into 1-inch pieces
- ☐ 2 pounds potatoes red cut into evenly sized pieces
- ☐ 5 thyme sprigs fresh to taste

Equipment

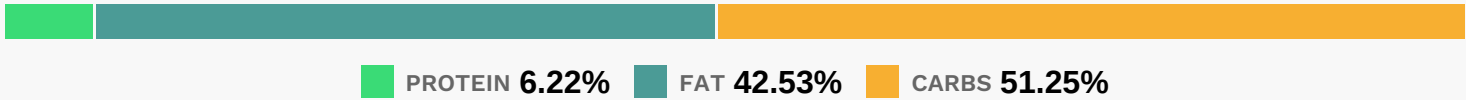
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Pour olive oil into a heavy baking dish (such as an enameled cast iron dish).
- ☐ Place potatoes into the baking dish and toss to coat with olive oil.
- ☐ Sprinkle with fresh thyme sprigs, kosher salt, black pepper, cayenne pepper, and red bell pepper pieces.
- ☐ Bake in the preheated oven for 30 minutes. Toss vegetables to turn over. Some potatoes may stick; don't try to turn them. Return to oven and bake for 20 more minutes.
- ☐ Toss potatoes again, turning potatoes so unbrowned sides contact the bottom of the dish. Continue baking until potatoes are browned and tender, about 15 more minutes.
- ☐ Turn oven off and leave potatoes in the oven for 15 more minutes. Toss once more and adjust levels of salt, black pepper, and cayenne pepper before transferring potatoes to a serving bowl.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.22, Inflammation Score:-8, Nutrition Score:9.039999935938%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 190.1kcal (9.5%), Fat: 9.27g (14.27%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 22.14g (8.05%), Sugar: 2.53g (2.81%), Cholesterol: 0mg (0%), Sodium: 28.04mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin C: 31.84mg (38.6%), Potassium: 723.61mg (20.67%), Vitamin B6: 0.3mg (15.02%), Manganese: 0.26mg (12.8%), Fiber: 3g (12.02%), Copper: 0.21mg (10.55%), Vitamin E: 1.53mg (10.22%), Vitamin K: 10.65µg (10.14%), Vitamin A: 485.56IU (9.71%), Phosphorus: 96.87mg (9.69%), Vitamin B3: 1.89mg (9.44%), Magnesium: 36.43mg (9.11%), Vitamin B1: 0.13mg (8.69%), Folate: 33.91µg (8.48%), Iron: 1.37mg

(7.61%), Vitamin B5: 0.47mg (4.7%), Vitamin B2: 0.06mg (3.69%), Zinc: 0.55mg (3.67%), Calcium: 20.01mg (2%),
Selenium: 0.78µg (1.11%)