



Italian New Potato Bake

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



22 kcal

SIDE DISH

Ingredients

- 2 cloves garlic minced
- 1.5 tsp penzey's southwest seasoning dried italian
- 2 lb new potatoes cut into quarters
- 3 Tbsp olive oil
- 0.5 cup reduced fat topping parmesan style grated kraft
- 0.3 tsp salt

Equipment

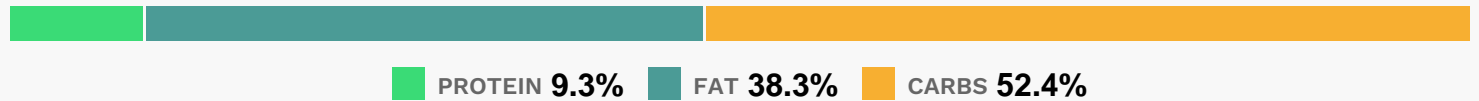
- bowl

- oven
- whisk
- baking pan

Directions

- Mix oil, garlic, Italian seasoning and salt with wire whisk until well blended.
- Pour over potatoes in large bowl.
- Add grated topping; mix lightly.
- Place in 15x10x1-inch baking pan.
- Bake at 400F for 45 minutes, stirring after 20 minutes.

Nutrition Facts



Properties

Glycemic Index:2.16, Glycemic Load:2.12, Inflammation Score:-1, Nutrition Score:1.0634782477889%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 22.15kcal (1.11%), Fat: 0.96g (1.48%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 2.96g (0.99%), Net Carbohydrates: 2.58g (0.94%), Sugar: 0.13g (0.15%), Cholesterol: 0.8mg (0.27%), Sodium: 25.51mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.05%), Vitamin C: 3.28mg (3.98%), Vitamin B6: 0.05mg (2.55%), Potassium: 71.64mg (2.05%), Phosphorus: 16.27mg (1.63%), Fiber: 0.39g (1.54%), Manganese: 0.03mg (1.52%), Calcium: 13.06mg (1.31%), Magnesium: 4.3mg (1.07%), Vitamin K: 1.1µg (1.04%), Copper: 0.02mg (1.03%)