



KRAFT Golden Parmesan Potatoes

 Gluten Free

READY IN



55 min.

SERVINGS



55

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cloves garlic minced
- 1.5 tsp penzey's southwest seasoning dried italian
- 2 lb new potatoes quartered (20)
- 0.3 cup olive oil
- 0.3 cup parmesan cheese grated kraft

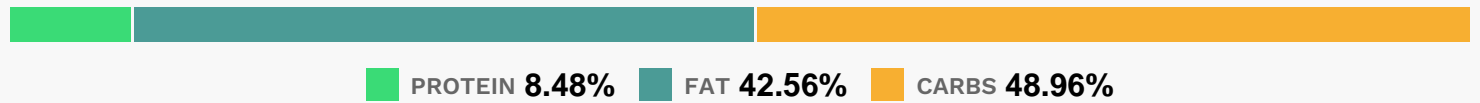
Equipment

- frying pan
- oven

Directions

- Heat oven to 400F.
- Toss potatoes with oil, seasoning and garlic.
- Add cheese; mix lightly.
- Spread onto bottom of 15x10x1-inch pan.
- Bake 45 min. or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:2.16, Glycemic Load:2.12, Inflammation Score:-1, Nutrition Score:1.0221739037205%

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: 24.22kcal (1.21%), Fat: 1.17g (1.8%), Saturated Fat: 0.23g (1.47%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.64g (0.96%), Sugar: 0.13g (0.15%), Cholesterol: 0.53mg (0.18%), Sodium: 11.65mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.05%), Vitamin C: 3.28mg (3.98%), Vitamin B6: 0.05mg (2.55%), Potassium: 71.62mg (2.05%), Fiber: 0.39g (1.54%), Manganese: 0.03mg (1.5%), Phosphorus: 13.48mg (1.35%), Vitamin K: 1.22µg (1.16%), Magnesium: 4.17mg (1.04%), Vitamin E: 0.16mg (1.03%)