



Lemon-Roasted Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



160 kcal

SIDE DISH

Ingredients



4 pounds fingerling potatoes white red assorted rinsed unpeeled halved lengthwise (such as , , and purple)



6 tablespoons optional: dill fresh chopped



24 garlic clove sliced



0.5 cup juice of lemon fresh



1 cup olive oil extra virgin extra-virgin

Equipment



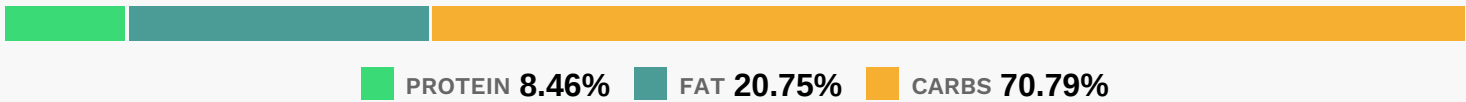
bowl

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 375°. Spray 2 large rimmed baking sheets with nonstick spray. Toss potatoes with 1/2 cup olive oil in large bowl.
- ☐ Sprinkle generously with salt and freshly ground black pepper.
- ☐ Spread potatoes in single layer on baking sheets, dividing equally. Roast 30 minutes.
- ☐ Meanwhile, whisk extra-virgin olive oil, lemon juice, dill, and lemon peel in small bowl to blend for dressing. Toss garlic and 2 tablespoons dressing in another small bowl. Divide garlic mixture between baking sheets with potatoes and toss; reverse baking sheets and continue to roast until potatoes are tender and brown around edges, about 15 minutes longer.
- ☐ Toss roasted potatoes in large bowl with enough of remaining dressing to coat and serve.

Nutrition Facts



Properties

Glycemic Index:10.73, Glycemic Load:19.9, Inflammation Score:-4, Nutrition Score:8.892608590748%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 159.51kcal (7.98%), Fat: 3.79g (5.83%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 29.12g (9.71%), Net Carbohydrates: 25.63g (9.32%), Sugar: 1.5g (1.66%), Cholesterol: 0mg (0%), Sodium: 10.39mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.96%), Vitamin C: 35.76mg (43.35%), Vitamin B6: 0.53mg (26.27%),

Potassium: 672.59mg (19.22%), Manganese: 0.34mg (16.77%), Fiber: 3.49g (13.95%), Phosphorus: 96.31mg (9.63%), Magnesium: 37mg (9.25%), Copper: 0.18mg (9.16%), Vitamin B1: 0.14mg (9.03%), Vitamin B3: 1.65mg (8.24%), Iron: 1.32mg (7.35%), Folate: 26.7µg (6.68%), Vitamin B5: 0.5mg (4.97%), Vitamin K: 5.14µg (4.9%), Vitamin E: 0.55mg (3.69%), Zinc: 0.51mg (3.43%), Vitamin B2: 0.06mg (3.36%), Calcium: 30.07mg (3.01%), Selenium: 1.32µg (1.88%)