



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



4 teaspoons lemon zest finely grated



1 cup olive oil extra virgin extra-virgin

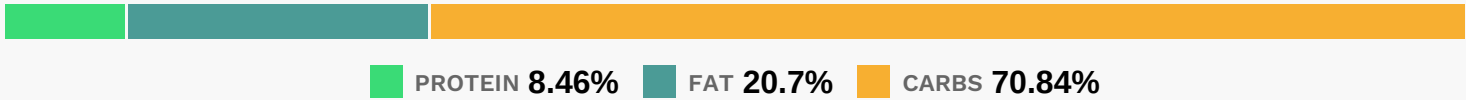
Equipment

- ☐ 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:8.9686956625918%

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: 159.82kcal (7.99%), Fat: 3.79g (5.84%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 29.22g (9.74%), Net Carbohydrates: 25.66g (9.33%), Sugar: 1.52g (1.69%), Cholesterol: 0mg (0%), Sodium: 10.43mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.98%), Vitamin C: 36.62mg (44.39%), Vitamin B6: 0.53mg (26.33%), Potassium: 673.65mg (19.25%), Manganese: 0.34mg (16.77%), Fiber: 3.56g (14.23%), Phosphorus: 96.39mg (9.64%), Magnesium: 37.1mg (9.27%), Copper: 0.18mg (9.19%), Vitamin B1: 0.14mg (9.06%), Vitamin B3: 1.65mg (8.25%), Iron: 1.33mg (7.38%), Folate: 26.79µg (6.7%), Vitamin B5: 0.5mg (5%), Vitamin K: 5.14µg (4.9%), Vitamin E: 0.56mg (3.7%), Zinc: 0.52mg (3.44%), Vitamin B2: 0.06mg (3.39%), Calcium: 30.96mg (3.1%), Selenium: 1.32µg (1.89%)