



Marzetti® Ultimate Roasted Potatoes and Onions

 Vegetarian  Vegan  Gluten Free

READY IN



37 min.

SERVINGS



8

CALORIES



147 kcal

SIDE DISH

Ingredients

- 0.8 cup cheese dressing blue marzetti®
- 1 tablespoon chives chopped
- 0.3 teaspoon pepper fresh black
- 2 pounds baby potatoes
- 2 tablespoons olive oil
- 3 tablespoons parsley chopped
- 1 small onion red peeled sliced

0.5 teaspoon sea salt

Equipment

oven

roasting pan

Directions

Preheat oven to 400 degrees F.

Cut potatoes into halves, (potatoes should all be about the same size, cut some potatoes into quarter pieces if necessary).

Place potatoes and onions on a roasting pan; drizzle with olive oil and sprinkle with salt and pepper. Roast potato mixture for 17 to 22 minutes or until the potatoes are tender and golden.

Arrange potatoes and onions on a platter and toss with Marzetti® Ultimate Blue Cheese Dressing.

Sprinkle with chopped parsley, chives and optional blue cheese.

Nutrition Facts



PROTEIN 9.81% **FAT 31.73%** **CARBS 58.46%**

Properties

Glycemic Index:27.47, Glycemic Load:14.81, Inflammation Score:-4, Nutrition Score:8.0982608380525%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 147.3kcal (7.37%), Fat: 5.29g (8.13%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 19.11g (6.95%), Sugar: 2.14g (2.37%), Cholesterol: 0.23mg (0.08%), Sodium: 369.31mg (16.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.35%), Vitamin C: 25.64mg (31.08%), Vitamin K: 31.06µg (29.58%), Vitamin B6: 0.36mg (17.88%), Potassium: 508.95mg (14.54%), Fiber: 2.8g (11.21%), Manganese: 0.2mg

(10.17%), Phosphorus: 88.87mg (8.89%), Magnesium: 30.08mg (7.52%), Vitamin B1: 0.1mg (6.89%), Copper: 0.13mg (6.69%), Iron: 1.15mg (6.41%), Vitamin B3: 1.25mg (6.23%), Folate: 24.13µg (6.03%), Calcium: 40.03mg (4%), Vitamin E: 0.59mg (3.92%), Vitamin B2: 0.06mg (3.82%), Vitamin B5: 0.36mg (3.61%), Vitamin A: 146.26IU (2.93%), Zinc: 0.43mg (2.86%), Selenium: 0.78µg (1.12%)