



Mint and Garlic-Roasted Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



99 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 0.3 cup mint leaves fresh chopped
- 1 garlic clove minced
- 4 teaspoons olive oil divided
- 2 pounds potatoes red quartered (13)
- 0.5 teaspoon salt divided

Equipment

- bowl

frying pan

oven

Directions

Preheat oven to 45

Combine potatoes, 1 teaspoon olive oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl; toss well to coat potatoes. Arrange potatoes in a single layer on a jelly-roll pan coated with cooking spray.

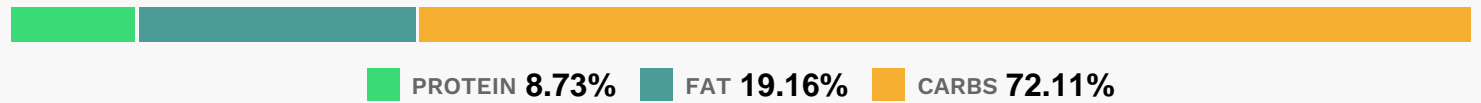
Bake at 450 for 30 minutes or until potatoes are tender and golden, stirring after 15 minutes.

Place potatoes in a large bowl.

Add remaining 1 tablespoon olive oil, remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, mint, and garlic; toss well.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:5.2026086838349%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 98.92kcal (4.95%), Fat: 2.18g (3.35%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 18.44g (6.15%), Net Carbohydrates: 16.36g (5.95%), Sugar: 1.47g (1.63%), Cholesterol: 0mg (0%), Sodium: 166.32mg (7.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.47%), Potassium: 527.18mg (15.06%), Vitamin C: 10.32mg (12.5%), Vitamin B6: 0.2mg (9.98%), Manganese: 0.2mg (9.95%), Fiber: 2.08g (8.32%), Copper: 0.16mg (7.97%), Phosphorus: 70.97mg (7.1%), Vitamin B3: 1.33mg (6.65%), Magnesium: 26.38mg (6.6%), Vitamin B1: 0.09mg (6.26%), Folate: 22.05µg (5.51%), Iron: 0.93mg (5.17%), Vitamin K: 4.7µg (4.48%), Vitamin B5: 0.33mg (3.25%), Zinc: 0.4mg (2.64%), Vitamin B2: 0.04mg (2.33%), Vitamin E: 0.3mg (2.01%), Calcium: 16.1mg (1.61%), Vitamin A: 68.39IU

(1.37%)