



WHATSheATE



Mixed Roasted Potatoes with Herb Butter



Vegetarian



Gluten Free

READY IN



140 min.

SERVINGS



6

CALORIES



358 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 6 servings kosher salt
- ☐ 1.5 pounds potatoes red

- ☐ 1.5 pounds russet potatoes
- ☐ 1.5 pounds sweet potatoes
- ☐ 0.3 cup butter unsalted room temperature

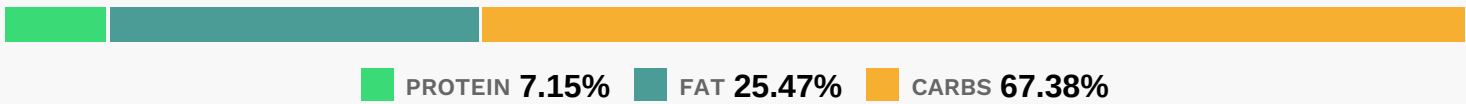
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Cut the potatoes into 2-inch cubes.
- ☐ Add them to a large pot, cover them with cold water, and add salt. Bring them to a boil, cook for 10 minutes, drain and cool for 20 minutes. The potatoes will now be only partly cooked and should be completely dry before you roast them.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Toss the potatoes with the oil and salt and pepper, to taste, and spread them in one layer on a baking sheet. Roast until crispy and cooked through, about 45 minutes.
- ☐ Mix the softened butter with the parsley, sage, rosemary, and thyme and season it with salt and pepper, to taste.
- ☐ When the potatoes are done, put them into a large bowl (reserve 1 cup for the Round 2 Recipe) and toss with the herb butter. (Reserve 2 tablespoons butter for the Round 2 Recipe Pork Hash).

Nutrition Facts



Properties

Glycemic Index:41.96, Glycemic Load:27.45, Inflammation Score:-10, Nutrition Score:23.792173985554%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg, Apigenin: 1.48mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 358.49kcal (17.92%), Fat: 10.41g (16.01%), Saturated Fat: 5.17g (32.28%), Carbohydrates: 61.97g (20.66%), Net Carbohydrates: 54.84g (19.94%), Sugar: 6.92g (7.69%), Cholesterol: 20.34mg (6.78%), Sodium: 283.92mg (12.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.16%), Vitamin A: 16455.11IU (329.1%), Copper: 3.48mg (174.14%), Vitamin B6: 0.83mg (41.37%), Potassium: 1391.91mg (39.77%), Manganese: 0.77mg (38.4%), Fiber: 7.13g (28.53%), Vitamin C: 21.76mg (26.38%), Magnesium: 83.95mg (20.99%), Vitamin K: 20.79µg (19.8%), Phosphorus: 189.48mg (18.95%), Vitamin B1: 0.28mg (18.54%), Iron: 2.89mg (16.04%), Vitamin B5: 1.59mg (15.87%), Vitamin B3: 3.15mg (15.73%), Folate: 50.96µg (12.74%), Vitamin B2: 0.15mg (9%), Calcium: 76.19mg (7.62%), Zinc: 1.1mg (7.36%), Vitamin E: 0.95mg (6.34%), Selenium: 1.8µg (2.57%)