



Momma's Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

SIDE DISH

Ingredients

- 1 tablespoon rosemary dried
- 0.3 cup olive oil
- 4 servings salt and pepper to taste
- 8 yukon gold potatoes quartered

Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl, combine the potatoes, rosemary, oil, salt and pepper. Toss well to coat.
- Spread evenly onto cookie sheet and bake in preheated oven for 30 minutes.

Nutrition Facts



PROTEIN 7.04% **FAT 31.92%** **CARBS 61.04%**

Properties

Glycemic Index:38.44, Glycemic Load:43.56, Inflammation Score:-6, Nutrition Score:17.888695610606%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 382.8kcal (19.14%), Fat: 13.88g (21.36%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 59.72g (19.91%), Net Carbohydrates: 52.03g (18.92%), Sugar: 2.65g (2.95%), Cholesterol: 0mg (0%), Sodium: 214.71mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.78%), Vitamin C: 67.29mg (81.56%), Vitamin B6: 1.01mg (50.59%), Potassium: 1436.35mg (41.04%), Fiber: 7.69g (30.77%), Manganese: 0.53mg (26.5%), Magnesium: 79.31mg (19.83%), Phosphorus: 194.15mg (19.42%), Copper: 0.37mg (18.5%), Vitamin B1: 0.27mg (18.3%), Vitamin B3: 3.59mg (17.94%), Iron: 2.88mg (15.97%), Folate: 55.94µg (13.98%), Vitamin K: 14.59µg (13.89%), Vitamin E: 1.98mg (13.19%), Vitamin B5: 1.01mg (10.06%), Zinc: 1mg (6.68%), Vitamin B2: 0.11mg (6.53%), Calcium: 47.46mg (4.75%), Selenium: 1.04µg (1.49%)