



Mustard and Coriander Roasted Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



332 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup champagne vinegar
- ☐ 6 servings kosher salt
- ☐ 1 tablespoon coriander seeds crushed
- ☐ 6 tablespoons dijon mustard
- ☐ 2 tablespoons mustard seeds
- ☐ 3 pounds baking potatoes peeled cut into 1 1/2- to 2-inch cubes
- ☐ 6 tablespoons vegetable oil

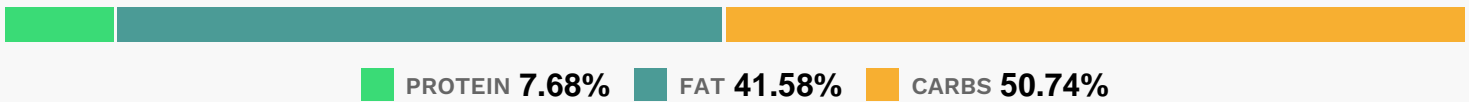
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 425°F. Bring vinegar and mustard seeds to boil in small saucepan. Reduce heat; simmer until almost dry, stirring occasionally, about 5 minutes.
- ☐ Transfer to large bowl.
- ☐ Add Dijon mustard and coriander. Season with coarse salt and pepper.
- ☐ Place potatoes in large saucepan; add water to cover by 1 inch; sprinkle with coarse salt. Boil 3 minutes.
- ☐ Drain; return to pan. Cook over medium-high heat until dry, shaking pan occasionally, 3 minutes.
- ☐ Meanwhile, drizzle 6 tablespoons oil over large rimmed baking sheet.
- ☐ Place sheet in oven 10 minutes to heat.
- ☐ Add potatoes to mustard mixture; toss.
- ☐ Spread potatoes on hot baking sheet (oil may splatter).
- ☐ Sprinkle with coarse salt and pepper. Roast 15 minutes. Turn potatoes; roast until browned and tender, about 15 minutes longer. Season with coarse salt and pepper and serve hot.

Nutrition Facts



Properties

Glycemic Index:19.46, Glycemic Load:32.28, Inflammation Score:-4, Nutrition Score:13.791739040095%

Nutrients (% of daily need)

Calories: 331.55kcal (16.58%), Fat: 15.77g (24.25%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 43.29g (14.43%), Net Carbohydrates: 38.9g (14.15%), Sugar: 1.87g (2.08%), Cholesterol: 0mg (0%), Sodium: 371.69mg (16.16%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.11%), Vitamin B6: 0.81mg (40.37%), Potassium: 1009.78mg (28.85%), Vitamin K: 29.52µg (28.11%), Manganese: 0.53mg (26.46%), Selenium: 13.86µg (19.79%), Magnesium: 76.08mg (19.02%), Fiber: 4.39g (17.56%), Phosphorus: 175.5mg (17.55%), Vitamin B1: 0.25mg (16.39%), Vitamin C: 13.47mg (16.33%), Iron: 2.71mg (15.07%), Copper: 0.28mg (13.88%), Vitamin B3: 2.62mg (13.11%), Folate: 38.74µg (9.69%), Vitamin E: 1.37mg (9.16%), Vitamin B5: 0.76mg (7.57%), Zinc: 1.02mg (6.8%), Vitamin B2: 0.1mg (5.69%), Calcium: 55.31mg (5.53%)