



Mustard-Roasted Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 0.3 cup flat-leaf parsley fresh chopped
- 6 servings kosher salt
- 3 tablespoons olive oil good
- 2.5 pounds potatoes red (or small Yukon Gold potatoes)
- 2 tablespoons whole-grain mustard
- 2 onions yellow

Equipment

- frying pan
- oven
- spatula

Directions

- Preheat the oven to 425 degrees.
- Cut the potatoes in halves or quarters, depending on their size, and place them on a sheet pan.
- Remove the ends of the onions, peel them, and cut them in half. Slice them crosswise in 1/4-inch-thick slices to make half-rounds. Toss the onions and potatoes together on the sheet pan.
- Add the olive oil, mustard, 2 teaspoons salt, and the pepper and toss them together.
- Bake for 50 minutes to 1 hour, until the potatoes are lightly browned on the outside and tender on the inside. Toss the potatoes from time to time with a metal spatula so they brown evenly.
- Serve hot sprinkled with chopped parsley and a little extra salt.

Nutrition Facts



PROTEIN 7.79% **FAT 28.59%** **CARBS 63.62%**

Properties

Glycemic Index:34.46, Glycemic Load:25.01, Inflammation Score:-6, Nutrition Score:13.497826068298%

Flavonoids

Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg

Nutrients (% of daily need)

Calories: 226.86kcal (11.34%), Fat: 7.41g (11.39%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 37.08g (12.36%), Net Carbohydrates: 31.92g (11.61%), Sugar: 3.12g (3.47%), Cholesterol: 0mg (0%), Sodium: 263.2mg (11.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Vitamin C: 43.29mg (52.47%), Vitamin K: 49.57µg (47.21%),

Vitamin B6: 0.61mg (30.41%), Potassium: 875.1mg (25%), Fiber: 5.16g (20.65%), Manganese: 0.4mg (20.22%), Magnesium: 51.36mg (12.84%), Phosphorus: 125.74mg (12.57%), Vitamin B1: 0.18mg (12%), Copper: 0.23mg (11.52%), Vitamin B3: 2.1mg (10.5%), Folate: 41.41µg (10.35%), Iron: 1.86mg (10.33%), Vitamin E: 1.07mg (7.16%), Vitamin B5: 0.63mg (6.34%), Vitamin B2: 0.08mg (4.51%), Zinc: 0.67mg (4.49%), Vitamin A: 220.49IU (4.41%), Calcium: 39.38mg (3.94%), Selenium: 2.47µg (3.53%)