



Mustard Roasted Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



211 kcal

SIDE DISH

Ingredients

- 6 servings pepper black freshly ground
- 1 tablespoon dijon mustard
- 6 servings kosher salt
- 0.3 cup olive oil
- 2 pounds potatoes (1 inch in diameter)
- 0.3 cup coarse mustard
- 1 medium onion yellow halved thinly sliced

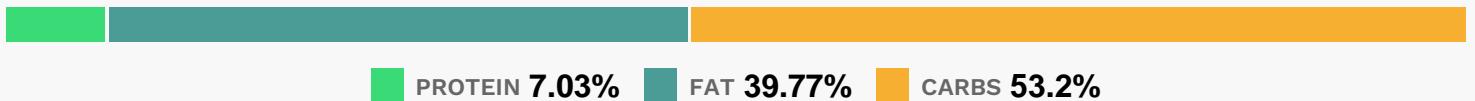
Equipment

- bowl
- baking sheet
- oven
- knife
- whisk

Directions

- Heat the oven to 475°F and arrange a rack in the bottom third.
- Whisk the oil and whole-grain mustard in a large bowl to combine.
- Add the potatoes, season with salt and pepper, and toss to combine.
- Transfer the potatoes to a rimmed baking sheet and spread in an even layer. Reserve the bowl (no need to wipe it out).Roast the potatoes for 15 minutes.
- Remove the baking sheet from the oven, add the onions, and stir to combine. Return the baking sheet to the oven and continue to roast until the potatoes are knife-tender and the onions are browned, about 15 minutes more.
- Transfer the vegetables to the reserved bowl, add the Dijon mustard, and toss to combine. Taste and season with additional salt and pepper as needed.

Nutrition Facts



Properties

Glycemic Index:34.46, Glycemic Load:19.77, Inflammation Score:-4, Nutrition Score:9.5169566195944%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 211.42kcal (10.57%), Fat: 9.59g (14.76%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 28.87g (9.62%), Net Carbohydrates: 24.66g (8.97%), Sugar: 2.14g (2.38%), Cholesterol: 0mg (0%), Sodium: 345.42mg (15.02%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.81g (7.63%), Vitamin C: 31.19mg (37.81%), Vitamin B6: 0.48mg (23.86%), Potassium: 684.08mg (19.55%), Fiber: 4.22g (16.87%), Manganese: 0.32mg (16.1%), Magnesium: 42.96mg (10.74%), Phosphorus: 105.56mg (10.56%), Vitamin B1: 0.15mg (10.26%), Vitamin E: 1.36mg (9.07%), Copper: 0.18mg (9.07%), Vitamin B3: 1.69mg (8.44%), Vitamin K: 8.72µg (8.31%), Iron: 1.48mg (8.25%), Folate: 28.59µg (7.15%), Selenium: 4.93µg (7.04%), Vitamin B5: 0.51mg (5.1%), Zinc: 0.55mg (3.69%), Vitamin B2: 0.06mg (3.65%), Calcium: 31.12mg (3.11%)