



Mustard-Roasted Potatoes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted ()
- ☐ 1 teaspoon kosher salt
- ☐ 3 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon oregano dried
- ☐ 3 pounds potatoes – remove skin mixed unpeeled cut into 3/4-inch-wide wedges

☐ 0.5 cup coarse mustard whole

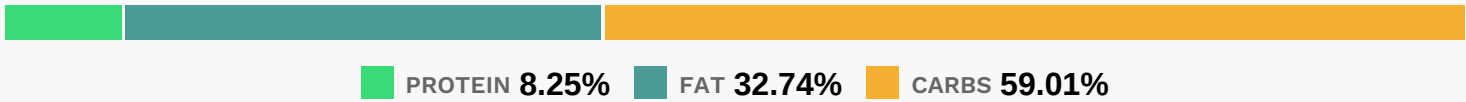
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Position 1 rack in top third of oven and 1 rack in bottom third of oven and preheat to 425°F. Spray 2 large rimmed baking sheets with nonstick spray.
- ☐ Whisk mustard, olive oil, butter, lemon juice, garlic, oregano, lemon peel, and salt in large bowl to blend.
- ☐ Add potatoes; sprinkle generously with freshly ground black pepper and toss to coat. Divide potatoes between prepared baking sheets, leaving any excess mustard mixture behind in bowl.
- ☐ Spread potatoes in single layer. Roast potatoes 20 minutes. Reverse baking sheets and roast until potatoes are crusty outside and tender inside, turning occasionally, about 25 minutes longer. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand on baking sheets at room temperature. Rewarm potatoes in 425°F oven 10 minutes.
- ☐ Transfer potatoes to serving bowl.

Nutrition Facts



Properties

Glycemic Index:11.7, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:7.5104346722364%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 151.1kcal (7.55%), Fat: 5.72g (8.79%), Saturated Fat: 1.91g (11.97%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 20.07g (7.3%), Sugar: 2.05g (2.27%), Cholesterol: 6.02mg (2.01%), Sodium: 412.37mg (17.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Potassium: 651.9mg (18.63%), Vitamin C: 13.46mg (16.32%), Manganese: 0.28mg (14.24%), Vitamin B6: 0.26mg (12.91%), Fiber: 3.11g (12.44%), Phosphorus: 99.51mg (9.95%), Copper: 0.2mg (9.91%), Magnesium: 37.76mg (9.44%), Vitamin B1: 0.14mg (9.16%), Vitamin K: 9.14µg (8.7%), Vitamin B3: 1.67mg (8.34%), Iron: 1.41mg (7.85%), Selenium: 5.1µg (7.28%), Folate: 27.29µg (6.82%), Vitamin B5: 0.43mg (4.35%), Vitamin E: 0.62mg (4.15%), Zinc: 0.56mg (3.72%), Vitamin B2: 0.06mg (3.27%), Calcium: 32.36mg (3.24%), Vitamin A: 97.2IU (1.94%)