



WHATSheATE



New Potatoes with Roasted Garlic Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



172 kcal

SIDE DISH

Ingredients



3 tablespoons chives minced



2 teaspoons dijon mustard



7 cloves garlic unpeeled



0.5 teaspoon ground pepper black divided



1.3 teaspoons kosher salt divided



3 tablespoons olive oil divided



3 pounds potatoes red quartered



2 tablespoons vinegar white

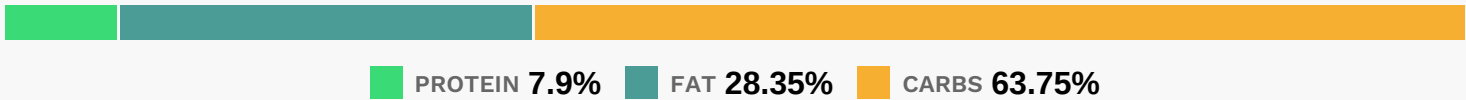
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Stir 1 1/2 tablespoons olive oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper together in a large bowl; add potatoes and garlic and toss to coat.
- ☐ Pour potatoes into a roasting pan.
- ☐ Roast potatoes in preheated oven for 35 minutes, stir, and continue roasting until tender, about 35 minutes more. Cool potatoes and garlic at room temperature for 10 minutes.
- ☐ Squeeze garlic cloves into a bowl to extract pulp and discard skins.
- ☐ Mash garlic with chives, vinegar, mustard, 1 1/2 tablespoons oil, 3/4 teaspoon salt, and 1/4 teaspoon pepper in a large bowl; stir.
- ☐ Add roasted potatoes and toss to coat.

Nutrition Facts



Properties

Glycemic Index:23.63, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:8.1943478273309%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 171.52kcal (8.58%), Fat: 5.56g (8.55%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 25.05g (9.11%), Sugar: 2.26g (2.51%), Cholesterol: 0mg (0%), Sodium: 408.41mg (17.76%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.97%), Potassium: 791.54mg (22.62%), Vitamin C: 16.11mg (19.52%), Vitamin B6: 0.32mg (16.22%), Manganese: 0.31mg (15.61%), Fiber: 3.06g (12.24%), Copper: 0.24mg (12.03%), Phosphorus: 110.14mg (11.01%), Vitamin K: 10.76µg (10.25%), Vitamin B3: 1.99mg (9.94%), Magnesium: 39.41mg (9.85%), Vitamin B1: 0.15mg (9.76%), Folate: 31.99µg (8%), Iron: 1.37mg (7.61%), Vitamin E: 0.78mg (5.22%), Vitamin B5: 0.5mg (4.99%), Zinc: 0.61mg (4.06%), Vitamin B2: 0.06mg (3.41%), Calcium: 24.65mg (2.47%), Selenium: 1.69µg (2.41%), Vitamin A: 62.69IU (1.25%)