



Original Ranch Roasted Potatoes

 **Vegetarian**  **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

ready

50 min.

SERVINGS

servings

5

CALORIES

calories

239 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce salad dressing & seasoning mix hidden valley® original ranch®
- ☐ 2 pounds potatoes red quartered
- ☐ 0.3 cup vegetable oil

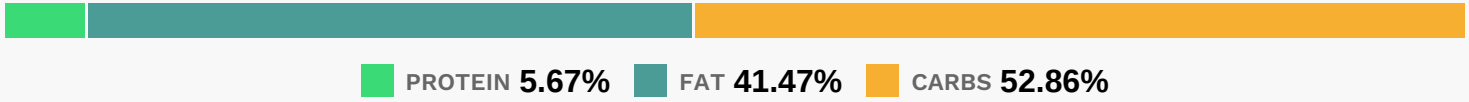
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Place potatoes in a gallon-size Glad® Food Storage Bag and add oil; seal bag. Toss to coat.
- ☐ Add salad dressing mix and toss again until coated.
- ☐ Bake in ungreased baking pan at 450 degrees F for 30 to 35 minutes or until potatoes are brown and crisp.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:8.6043478095013%

Flavonoids

Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 239.12kcal (11.96%), Fat: 11.15g (17.16%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 32g (10.67%), Net Carbohydrates: 28.91g (10.51%), Sugar: 2.34g (2.6%), Cholesterol: 0mg (0%), Sodium: 457.9mg (19.91%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Vitamin K: 25.31µg (24.1%), Potassium: 825.54mg (23.59%), Vitamin C: 15.6mg (18.91%), Vitamin B6: 0.31mg (15.42%), Manganese: 0.26mg (12.79%), Fiber: 3.08g (12.34%), Copper: 0.24mg (12.16%), Phosphorus: 110.68mg (11.07%), Vitamin B3: 2.08mg (10.42%), Magnesium: 39.92mg (9.98%), Vitamin B1: 0.15mg (9.8%), Folate: 32.66µg (8.16%), Iron: 1.33mg (7.37%), Vitamin E: 0.91mg (6.07%), Vitamin B5: 0.51mg (5.06%), Zinc: 0.6mg (3.99%), Vitamin B2: 0.06mg (3.31%), Calcium: 18.14mg (1.81%), Selenium: 0.91µg (1.3%)