



Oven Baked Parsley Red Potatoes

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



182 kcal

SIDE DISH

Ingredients

- 0.5 cup butter cubed
- 2 tablespoons parsley fresh minced
- 0.3 teaspoon ground pepper black
- 1 tablespoon onion minced to taste
- 2 pounds potatoes red halved
- 0.5 teaspoon salt

Equipment

- oven

baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place butter in a large baking dish and melt in preheating oven.
- Toss potatoes and onion in melted butter to coat.
- Bake in preheated oven until potatoes are tender, about 40 minutes.
- Sprinkle parsley over potatoes and season with salt and pepper; toss.

Nutrition Facts



PROTEIN 4.94% **FAT 56.08%** **CARBS 38.98%**

Properties

Glycemic Index:17.63, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:6.2078260040802%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 182.12kcal (9.11%), Fat: 11.68g (17.96%), Saturated Fat: 7.33g (45.84%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 16.26g (5.91%), Sugar: 1.53g (1.7%), Cholesterol: 30.5mg (10.17%), Sodium: 257.6mg (11.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.63%), Vitamin K: 20.79µg (19.8%), Potassium: 527.59mg (15.07%), Vitamin C: 11.17mg (13.55%), Vitamin B6: 0.2mg (9.79%), Vitamin A: 447.09IU (8.94%), Manganese: 0.17mg (8.57%), Fiber: 2g (7.99%), Copper: 0.15mg (7.74%), Phosphorus: 73.62mg (7.36%), Vitamin B3: 1.32mg (6.62%), Magnesium: 25.97mg (6.49%), Vitamin B1: 0.09mg (6.27%), Folate: 22.61µg (5.65%), Iron: 0.9mg (5.01%), Vitamin B5: 0.34mg (3.38%), Zinc: 0.4mg (2.67%), Vitamin B2: 0.04mg (2.44%), Vitamin E: 0.35mg (2.33%), Calcium: 16.78mg (1.68%), Selenium: 0.72µg (1.03%)