



WHATSheATE



Oven Roasted Greek Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



580 min.

SERVINGS



6

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 teaspoon basil dried



0.5 teaspoon marjoram dried



1 teaspoon rosemary dried



0.1 teaspoon thyme leaves dried



2 cloves garlic minced



2 tablespoons salad dressing italian



1 juice of lemon juiced



2 teaspoons lemon pepper

- ☐ 1 tablespoon lemon zest
- ☐ 2 tablespoons olive oil
- ☐ 6 medium potatoes peeled quartered
- ☐ 1 cup water
- ☐ 0.3 cup white wine

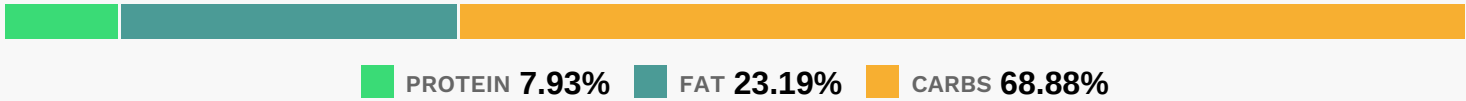
Equipment

- ☐ bowl
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ In a small bowl, mix the lemon pepper, marjoram, basil, thyme, and rosemary. In a separate bowl, mix the wine, water, olive oil, dressing, garlic, lemon juice, lemon zest, and 1/2 the seasoning mixture.
- ☐ Pour into a medium glass baking dish.
- ☐ Place potatoes in the dish, coat with the mixture, and sprinkle with remaining seasonings. Cover, and refrigerate 8 hours, or overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake potatoes 1 hour and 15 minutes in the preheated oven, basting once half way through the bake time.

Nutrition Facts



Properties

Glycemic Index:38.46, Glycemic Load:27.46, Inflammation Score:-5, Nutrition Score:12.18521731444%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg

Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 229.92kcal (11.5%), Fat: 5.9g (9.07%), Saturated Fat: 0.86g (5.34%), Carbohydrates: 39.41g (13.14%), Net Carbohydrates: 34.33g (12.48%), Sugar: 2.45g (2.72%), Cholesterol: 0mg (0%), Sodium: 62.25mg (2.71%), Alcohol: 1.03g (100%), Alcohol %: 0.47% (100%), Protein: 4.54g (9.07%), Vitamin C: 45.54mg (55.2%), Vitamin B6: 0.66mg (32.87%), Potassium: 932.26mg (26.64%), Manganese: 0.46mg (23.01%), Fiber: 5.08g (20.31%), Magnesium: 53.75mg (13.44%), Vitamin K: 13.88µg (13.22%), Phosphorus: 127.55mg (12.75%), Copper: 0.26mg (12.75%), Vitamin B1: 0.18mg (11.78%), Vitamin B3: 2.29mg (11.47%), Iron: 2.01mg (11.15%), Folate: 36.1µg (9.03%), Vitamin B5: 0.66mg (6.61%), Vitamin E: 0.83mg (5.55%), Zinc: 0.68mg (4.5%), Vitamin B2: 0.08mg (4.45%), Calcium: 39.21mg (3.92%), Selenium: 0.94µg (1.34%)