



## Oven-Roasted Red Potatoes

 Dairy Free  Low Fod Map

READY IN



55 min.

SERVINGS



8

CALORIES



169 kcal

SIDE DISH

### Ingredients

- 1 ounce onion soup mix dry
- 0.3 cup olive oil
- 2 pounds potatoes - remove skin red halved

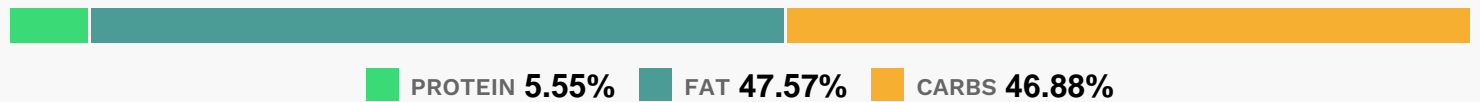
### Equipment

- oven
- baking pan
- ziploc bags

## Directions

- Preheat oven to 450 degrees F (230 degrees C).
- In a large plastic bag, combine the soup mix, red potatoes and olive oil. Close bag, and shake until potatoes are fully covered.
- Pour potatoes into a medium baking dish; bake 40 minutes in the preheated oven, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.705217446322%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

## Nutrients (% of daily need)

Calories: 169.32kcal (8.47%), Fat: 9.17g (14.11%), Saturated Fat: 1.28g (8.03%), Carbohydrates: 20.34g (6.78%), Net Carbohydrates: 18.17g (6.61%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 305.19mg (13.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Potassium: 541.6mg (15.47%), Vitamin C: 9.87mg (11.97%), Vitamin B6: 0.21mg (10.67%), Manganese: 0.18mg (9.17%), Vitamin E: 1.31mg (8.75%), Fiber: 2.16g (8.65%), Vitamin K: 8.76µg (8.34%), Copper: 0.16mg (8.22%), Phosphorus: 76.65mg (7.67%), Vitamin B1: 0.1mg (6.78%), Vitamin B3: 1.36mg (6.78%), Magnesium: 27.07mg (6.77%), Iron: 0.92mg (5.13%), Folate: 20.41µg (5.1%), Vitamin B5: 0.35mg (3.47%), Zinc: 0.41mg (2.76%), Vitamin B2: 0.04mg (2.64%), Calcium: 16.5mg (1.65%), Selenium: 0.74µg (1.06%)