




 **21%**
HEALTH SCORE

Oven Roasted Red Potatoes and Asparagus


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




60 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

Ingredients

- 1 bunch asparagus fresh trimmed cut into 1 inch pieces
- 4 teaspoons rosemary dried
- 4 teaspoons thyme dried
- 2 tablespoons olive oil extra virgin
- 8 cloves garlic thinly sliced
- 6 servings pepper black to taste
- 2 teaspoons kosher salt
- 1.5 pounds potatoes - remove skin red cut into chunks

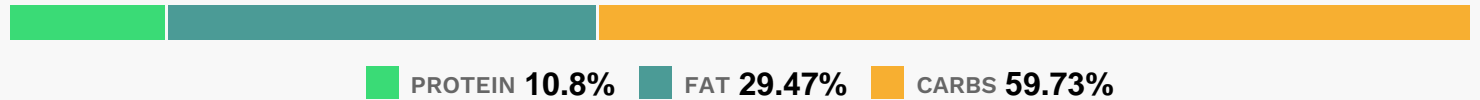
Equipment

- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- In a large baking dish, toss the red potatoes with 1/2 the olive oil, garlic, rosemary, thyme, and 1/2 the kosher salt. Cover with aluminum foil.
- Bake 20 minutes in the preheated oven.
- Mix in the asparagus, remaining olive oil, and remaining salt. Cover, and continue cooking 15 minutes, or until the potatoes are tender. Increase oven temperature to 450 degrees F (230 degrees C).
- Remove foil, and continue cooking 5 to 10 minutes, until potatoes are lightly browned. Season with pepper to serve.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:0.82, Inflammation Score:-8, Nutrition Score:12.381304367729%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg, Isorhamnetin: 4.28mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg

Nutrients (% of daily need)

Calories: 143.9kcal (7.2%), Fat: 5g (7.69%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 18.91g (6.88%), Sugar: 2.92g (3.25%), Cholesterol: 0mg (0%), Sodium: 798.27mg (34.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin K: 48.96µg (46.63%), Manganese: 0.41mg (20.69%), Potassium: 691.1mg (19.75%), Vitamin C: 15.57mg (18.88%), Iron: 3.39mg (18.82%), Vitamin B6: 0.32mg

(15.79%), Copper: 0.31mg (15.68%), Fiber: 3.89g (15.55%), Folate: 61.58µg (15.39%), Vitamin B1: 0.21mg (14.06%), Vitamin A: 603.26IU (12.07%), Phosphorus: 115.84mg (11.58%), Vitamin E: 1.58mg (10.57%), Vitamin B3: 2.1mg (10.5%), Magnesium: 38.25mg (9.56%), Vitamin B2: 0.15mg (8.73%), Zinc: 0.87mg (5.81%), Vitamin B5: 0.55mg (5.47%), Calcium: 51mg (5.1%), Selenium: 2.9µg (4.14%)