



Oven-Roasted Smashed Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

Ingredients

- 1 teaspoon rosemary fresh chopped
- 1 teaspoon kosher salt
- 2 teaspoons juice of lemon fresh
- 1 tablespoon olive oil
- 0.3 teaspoon pepper dried red crushed
- 1 medium size onion sweet cut into 1/2-inch pieces
- 48 oz baby yukon gold potatoes

Equipment

oven

broiler pan

Directions

Preheat oven to 40

Toss together all ingredients in a broiler pan until well coated.

Bake 40 minutes or until tender and browned. Gently smash potatoes with a fork.

Nutrition Facts

 **PROTEIN 9.19%**  **FAT 10.66%**  **CARBS 80.15%**

Properties

Glycemic Index:13.96, Glycemic Load:29, Inflammation Score:-6, Nutrition Score:12.587391366129%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg, Quercetin: 9.6mg

Nutrients (% of daily need)

Calories: 213.54kcal (10.68%), Fat: 2.6g (4%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 43.95g (14.65%), Net Carbohydrates: 38.42g (13.97%), Sugar: 4.59g (5.1%), Cholesterol: 0mg (0%), Sodium: 407.04mg (17.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.08%), Vitamin C: 47.98mg (58.15%), Vitamin B6: 0.74mg (37.17%), Potassium: 1024.02mg (29.26%), Fiber: 5.52g (22.09%), Manganese: 0.39mg (19.59%), Phosphorus: 144.56mg (14.46%), Magnesium: 57.38mg (14.34%), Copper: 0.28mg (13.86%), Vitamin B1: 0.2mg (13.64%), Vitamin B3: 2.48mg (12.38%), Folate: 49.35µg (12.34%), Iron: 1.95mg (10.81%), Vitamin B5: 0.73mg (7.28%), Vitamin K: 5.97µg (5.68%), Vitamin B2: 0.08mg (4.98%), Zinc: 0.74mg (4.9%), Calcium: 38.94mg (3.89%), Vitamin E: 0.4mg (2.69%), Selenium: 0.98µg (1.39%)