



Pan-Roasted Potatoes

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



345 kcal

SIDE DISH

Ingredients

- ☐ 2 lb baking potatoes
- ☐ 1 medium onion red coarsely chopped
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 cup vegetable oil
- ☐ 1 oz parmesan shredded freshly grated

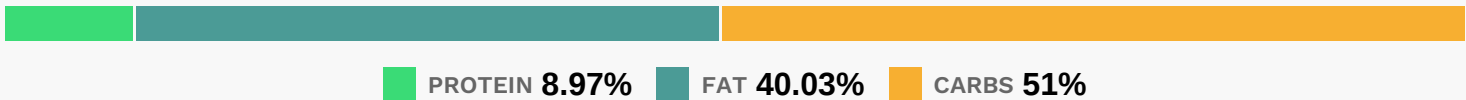
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 375°F. Peel potatoes if desired; cut into 1 1/2-inch pieces. In 15x10x1-inch pan, toss potatoes, onion, rosemary, garlic, salt and pepper.
- ☐ Drizzle with oil.
- ☐ Roast 40 minutes, stirring occasionally.
- ☐ Sprinkle with cheese; toss until potatoes are evenly coated. Roast about 10 minutes longer or until potatoes are tender and golden brown.

Nutrition Facts



Properties

Glycemic Index:50.19, Glycemic Load:33.17, Inflammation Score:-6, Nutrition Score:13.181304366044%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 344.8kcal (17.24%), Fat: 15.75g (24.23%), Saturated Fat: 3.35g (20.91%), Carbohydrates: 45.14g (15.05%), Net Carbohydrates: 41.46g (15.07%), Sugar: 2.66g (2.96%), Cholesterol: 4.82mg (1.61%), Sodium: 417.48mg (18.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.88%), Vitamin B6: 0.86mg (43.16%), Potassium: 1014.5mg (28.99%), Vitamin K: 29.83µg (28.41%), Manganese: 0.49mg (24.27%), Vitamin C: 16.12mg (19.54%), Phosphorus: 187.54mg (18.75%), Magnesium: 60.13mg (15.03%), Fiber: 3.68g (14.73%), Vitamin B1: 0.21mg (13.87%), Copper: 0.26mg (13.11%), Calcium: 129.61mg (12.96%), Iron: 2.21mg (12.3%), Vitamin B3: 2.43mg (12.16%), Folate: 38.7µg (9.67%), Vitamin B5: 0.78mg (7.78%), Vitamin E: 1.16mg (7.76%), Vitamin B2: 0.11mg (6.53%), Zinc: 0.95mg

(6.31%), Selenium: 3.08μg (4.4%), Vitamin A: 89.05IU (1.78%), Vitamin B12: 0.09μg (1.42%)