



Parmesan-Roasted Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup parsley fresh chopped
- ☐ 8 servings pepper freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 0.5 cup olive oil
- ☐ 4 ounces parmesan finely grated
- ☐ 1 teaspoon pepper red crushed
- ☐ 3 pounds yukon gold potatoes halved

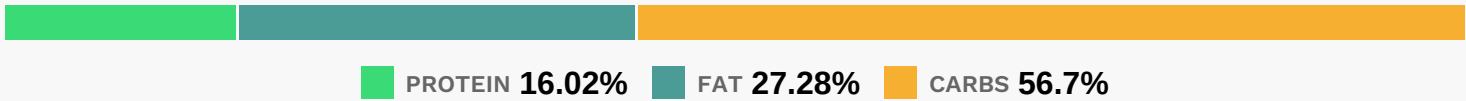
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack

Directions

- ☐ Place a rack in upper third of oven; preheat to400°F. Toss potatoes and oil in a large bowl;season with salt and pepper.
- ☐ Place potatoes,cut side up, on a wire rack set inside a rimmedbaking sheet; reserve bowl. Roast until goldenbrown and cooked through, 30–35 minutes.
- ☐ Transfer to bowl; toss with Parmesan. Returnpotatoes to rack and roast until Parmesan isbrown and crisp, 10–12 minutes.
- ☐ Toss potatoes in same bowl withparsley, lemon juice, and red pepper flakes.Top with lemon zest just before serving.

Nutrition Facts



Properties

Glycemic Index:21.84, Glycemic Load:21.94, Inflammation Score:-7, Nutrition Score:16.04217404775%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 12.13mg, Apigenin: 12.13mg, Apigenin: 12.13mg, Apigenin: 12.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 213.92kcal (10.7%), Fat: 6.6g (10.16%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 30.89g (10.3%), Net Carbohydrates: 26.81g (9.75%), Sugar: 1.56g (1.74%), Cholesterol: 9.64mg (3.21%), Sodium: 244.64mg (10.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.45%), Vitamin K: 97.78µg (93.12%), Vitamin C: 42.04mg (50.96%), Vitamin B6: 0.53mg (26.33%), Potassium: 768.87mg (21.97%), Phosphorus: 199.68mg (19.97%), Calcium:

197.75mg (19.77%), Fiber: 4.07g (16.29%), Manganese: 0.29mg (14.47%), Vitamin A: 662.87IU (13.26%), Magnesium: 48.87mg (12.22%), Iron: 1.86mg (10.35%), Copper: 0.2mg (10.05%), Vitamin B1: 0.15mg (9.85%), Vitamin B3: 1.94mg (9.69%), Folate: 37.25µg (9.31%), Vitamin B2: 0.11mg (6.47%), Zinc: 0.96mg (6.38%), Vitamin B5: 0.6mg (5.97%), Selenium: 3.76µg (5.38%), Vitamin E: 0.58mg (3.86%), Vitamin B12: 0.17µg (2.83%)