



Parmesan Roasted Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 8 sprigs thyme leaves fresh
- ☐ 1.5 teaspoons kosher salt
- ☐ 1.5 pounds new potatoes unpeeled cut into 1-inch chunks
- ☐ 3 tablespoons olive oil
- ☐ 4 ounces parmesan grated

Equipment

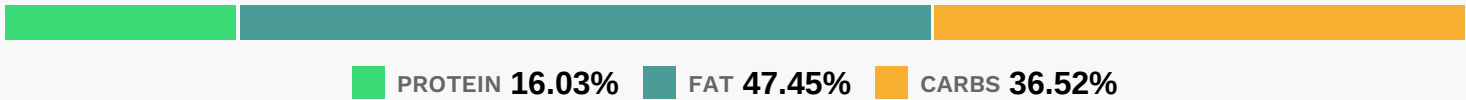
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Heat oven to 400 F. In a medium bowl, combine all the ingredients.
- ☐ Transfer to a roasting pan or 9-by-13-inch baking dish. Roast, stirring once, until golden brown and crisp, about 50 minutes.
- ☐ Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:46.94, Glycemic Load:22.11, Inflammation Score:-9, Nutrition Score:13.953043603379%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 337.26kcal (16.86%), Fat: 18.01g (27.71%), Saturated Fat: 6.16g (38.48%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 27.14g (9.87%), Sugar: 1.55g (1.73%), Cholesterol: 19.28mg (6.43%), Sodium: 1336.84mg (58.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.7g (27.39%), Vitamin C: 36.71mg (44.5%), Calcium: 365.37mg (36.54%), Phosphorus: 296.02mg (29.6%), Vitamin B6: 0.53mg (26.75%), Potassium: 756.32mg (21.61%), Fiber: 4.05g (16.22%), Manganese: 0.32mg (15.92%), Magnesium: 55.03mg (13.76%), Iron: 1.99mg (11.04%), Vitamin E: 1.59mg (10.62%), Copper: 0.21mg (10.31%), Vitamin B1: 0.15mg (9.88%), Selenium: 6.9µg (9.85%), Vitamin K: 10.24µg (9.75%), Vitamin B3: 1.91mg (9.54%), Vitamin B2: 0.16mg (9.31%), Zinc: 1.31mg (8.75%), Folate: 30.12µg (7.53%), Vitamin B5: 0.64mg (6.42%), Vitamin A: 320.52IU (6.41%), Vitamin B12: 0.34µg (5.67%)