



Parmesan-Rosemary Potatoes



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



339 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds baking potatoes
- ☐ 1 cup butter melted
- ☐ 8 servings parmesan-rosemary coating
- ☐ 8 servings garnish: rosemary fresh
- ☐ 1 teaspoon salt
- ☐ 8 servings salt
- ☐ 3 cups water cold

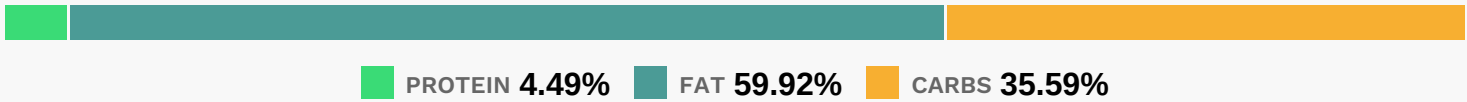
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Wash potatoes.
- ☐ Cut potatoes in half lengthwise; slice potato halves crosswise into half moon-shaped wedges.
- ☐ Combine water and 1 teaspoon salt in a large bowl; add potatoes, and let stand 5 minutes.
- ☐ Drain well; spread potatoes on paper towels to absorb water. Pat dry.
- ☐ Dip potato wedges in butter; roll in Parmesan–Rosemary Coating.
- ☐ Place in a single layer on a lightly greased baking sheet.
- ☐ Bake at 400 for 40 minutes or until potatoes are tender and golden brown.
- ☐ Sprinkle lightly with salt before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:25.59, Glycemic Load:24.2, Inflammation Score:-6, Nutrition Score:8.3856521352478%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 339.47kcal (16.97%), Fat: 23.22g (35.73%), Saturated Fat: 14.66g (91.65%), Carbohydrates: 31.02g (10.34%), Net Carbohydrates: 28.63g (10.41%), Sugar: 1.07g (1.19%), Cholesterol: 61.01mg (20.34%), Sodium: 680.18mg (29.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin B6: 0.59mg (29.64%), Potassium: 723.85mg (20.68%), Vitamin A: 743.16IU (14.86%), Manganese: 0.28mg (13.99%), Vitamin C: 9.97mg (12.09%), Magnesium: 41.72mg (10.43%), Phosphorus: 101.09mg (10.11%), Copper: 0.19mg (9.67%), Fiber:

2.39g (9.58%), Vitamin B1: 0.14mg (9.45%), Vitamin B3: 1.78mg (8.91%), Iron: 1.57mg (8.71%), Folate: 26.06µg (6.52%), Vitamin B5: 0.55mg (5.51%), Vitamin K: 5.05µg (4.81%), Vitamin E: 0.68mg (4.5%), Vitamin B2: 0.07mg (3.98%), Calcium: 36.33mg (3.63%), Zinc: 0.54mg (3.61%), Selenium: 0.97µg (1.39%)