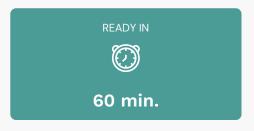
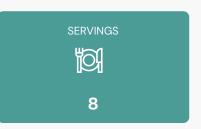
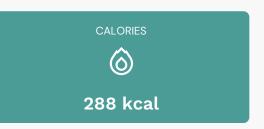


Pecan Roasted Potatoes

Gluten Free







SIDE DISH

Ingredients

1 tablespoon butter
1 teaspoon cornstarch
0.5 teaspoon marjoram dried
1 teaspoon garlic powder
0.5 teaspoon ground rosemary dried
2 teaspoons olive oil
1.5 cups pecan halves
2 pounds potatoes red quartered

	1.5 teaspoons sea salt	
	8 ounce cup heavy whipping cream sour	
	0.5 teaspoon thyme leaves dried	
	1.5 teaspoons worcestershire sauce	
Equipment		
	baking sheet	
	oven	
	mixing bowl	
	blender	
	baking pan	
Directions		
	Preheat an oven to 400 degrees F (200 degrees C). Grease a 9x13 inch baking dish.	
	Spread the pecans evenly onto a baking sheet.	
	Toast the pecans in the preheated oven until they are lightly browned, about 5 minutes, then remove and set aside to cool. Meanwhile, place the quartered potatoes into a large mixing bowl. Toss with the olive oil until thoroughly coated. Season with the sea salt, marjoram, thyme, rosemary, and garlic powder.	
	Place into the prepared baking dish.	
	Bake in the preheated oven until golden brown and just about tender when pierced with a fork, about 30 minutes.	
	While the potatoes are cooking, place half of the toasted pecans into a blender along with the butter, Worcestershire sauce, and cornstarch. Puree until a smooth paste has formed. Crush the remaining toasted pecans, then mix with the puree.	
	Spread this mixture over the roasted potatoes, and return them to the oven to bake until the nut mixture has browned nicely, about 5 minutes.	
	Serve with dollops of sour cream.	

Nutrition Facts

Properties

Glycemic Index:22.5, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:10.331739239071%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catec

Nutrients (% of daily need)

Calories: 288.39kcal (14.42%), Fat: 21.45g (33%), Saturated Fat: 5.09g (31.81%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 18.91g (6.88%), Sugar: 3.29g (3.65%), Cholesterol: 20.49mg (6.83%), Sodium: 491.39mg (21.36%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.62g (9.25%), Manganese: 1.01mg (50.29%), Copper: 0.39mg (19.27%), Potassium: 642.42mg (18.35%), Fiber: 3.77g (15.07%), Vitamin B1: 0.22mg (14.84%), Phosphorus: 144.97mg (14.5%), Vitamin C: 10.57mg (12.81%), Magnesium: 50.97mg (12.74%), Vitamin B6: 0.25mg (12.51%), Zinc: 1.33mg (8.85%), Iron: 1.44mg (7.99%), Vitamin B3: 1.56mg (7.8%), Folate: 26.61µg (6.65%), Vitamin B2: 0.11mg (6.48%), Vitamin B5: 0.58mg (5.77%), Calcium: 55.88mg (5.59%), Vitamin A: 246.21IU (4.92%), Vitamin K: 5.14µg (4.89%), Vitamin E: 0.57mg (3.78%), Selenium: 2.44µg (3.49%), Vitamin B12: 0.06µg (1.04%)