



Pecan Roasted Potatoes

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



288 kcal

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



 **PROTEIN 6.12%**  **FAT 63.87%**  **CARBS 30.01%**

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, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

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 %: 0% (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%)