



Polenta Crusted Roasted Potatoes with Herbs and Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

Ingredients

- 1 lb yukon gold potatoes peeled (3 large)
- 1 tablespoon polenta dry
- 1 teaspoon sea salt
- 0.5 teaspoon pepper
- 0.3 cup olive oil
- 2 tablespoons herbs: rosemary fresh finely chopped
- 2 tablespoons garlic finely chopped

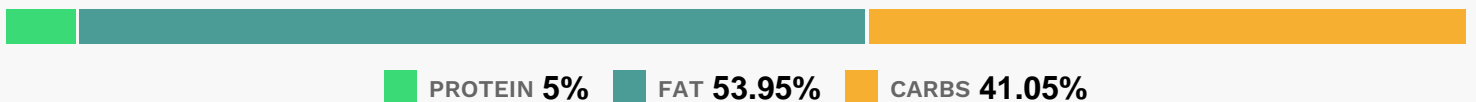
Equipment

- bowl
- frying pan
- sauce pan
- oven
- slotted spoon

Directions

- Heat oven to 425°F.
- Cut potatoes into medium-size chunks (about 8 pieces per half-potato).
- Place potatoes in 2-quart saucepan of salted water.
- Heat to boiling. Reduce heat to medium-high; simmer 10 minutes or until potatoes are fork-tender.
- Drain potatoes; place in large bowl. Gently toss potatoes with polenta, sea salt and pepper.
- Heat large cast-iron skillet over high heat.
- Add olive oil; swirl to coat. When oil is hot, add herbs; cook 1 minute.
- Add potatoes, scattering in even layer in skillet.
- Place skillet to oven.
- Bake 10 to 15 minutes or until bottoms are golden and crisp. Turn potatoes; sprinkle with garlic.
- Bake 10 minutes longer or until crisp on both sides.
- Using slotted spoon, transfer potatoes to serving bowl or plate.

Nutrition Facts



Properties

Glycemic Index:44.44, Glycemic Load:14.92, Inflammation Score:-4, Nutrition Score:9.132173926934%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 223.24kcal (11.16%), Fat: 13.68g (21.04%), Saturated Fat: 1.91g (11.91%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 20.66g (7.51%), Sugar: 0.96g (1.07%), Cholesterol: 0mg (0%), Sodium: 590.32mg (25.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Vitamin K: 43.57µg (41.49%), Vitamin C: 26.25mg (31.82%), Vitamin B6: 0.39mg (19.52%), Potassium: 511.53mg (14.62%), Manganese: 0.28mg (13.98%), Vitamin E: 1.98mg (13.17%), Fiber: 2.75g (10.99%), Phosphorus: 74.14mg (7.41%), Magnesium: 29.2mg (7.3%), Copper: 0.14mg (7.15%), Vitamin B1: 0.1mg (6.93%), Iron: 1.21mg (6.7%), Vitamin B3: 1.28mg (6.41%), Folate: 21.47µg (5.37%), Vitamin B5: 0.38mg (3.83%), Vitamin A: 177.83IU (3.56%), Zinc: 0.41mg (2.74%), Vitamin B2: 0.04mg (2.59%), Calcium: 25.26mg (2.53%), Selenium: 1.35µg (1.93%)