



Potatoes Roasted on Salt, Caraway, and Cumin



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



88 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 1.3 teaspoons caraway seeds divided
- 0.5 teaspoon cumin seeds
- 1 pound potatoes red quartered
- 1.5 cups rock salt
- 1 tablespoon stick margarine

Equipment

sauce pan

oven

Directions

Preheat oven to 425

Cook 1/4 teaspoon caraway seeds in a small saucepan over low heat 1 minute or until toasted.

Add butter, and cook until melted; set aside.

Spread rock salt evenly in the bottom of a shallow 3-quart casserole.

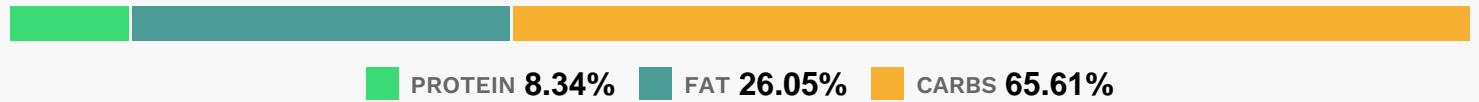
Sprinkle 1 teaspoon caraway seeds, cumin seeds, and pepper over rock salt. Arrange the potatoes over salt mixture.

Bake at 425 for 35 minutes or until tender.

Remove potatoes from salt mixture; discard salt mixture.

Combine the butter mixture and potatoes; toss to coat.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:4.7247825545137%

Flavonoids

Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 87.68kcal (4.38%), Fat: 2.63g (4.05%), Saturated Fat: 0.53g (3.34%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 13.11g (4.77%), Sugar: 1.18g (1.31%), Cholesterol: 0mg (0%), Sodium: 33996.69mg (1478.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Manganese: 0.25mg (12.71%), Potassium: 434.01mg (12.4%), Vitamin C: 7.93mg (9.61%), Vitamin B6: 0.16mg (7.89%), Copper: 0.16mg (7.84%), Fiber: 1.8g (7.22%), Iron: 1.18mg (6.58%), Phosphorus: 60.17mg (6.02%), Magnesium: 23.29mg (5.82%), Vitamin B3: 1.07mg (5.36%), Vitamin B1: 0.08mg (5.14%), Folate: 16.46µg (4.12%), Calcium: 37.18mg (3.72%), Zinc: 0.43mg (2.84%), Vitamin K: 2.97µg (2.83%), Vitamin B5: 0.26mg (2.58%), Vitamin A: 117.58IU (2.35%), Vitamin B2: 0.03mg (1.89%)