



Potatoes Roasted with Olive Oil and Bay Leaves



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 40 small bay leaves
- ☐ 1 tablespoon sea salt
- ☐ 2 teaspoons herbs de provence
- ☐ 0.5 cup olive oil
- ☐ 1.5 teaspoons pepper black
- ☐ 8 medium size potatoes – remove skin

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat oven to 350°F. Using small sharp knife and working on 1 potato, make 5 crosswise vertical cuts, spaced evenly apart, from 1 side to other side (do not cut through).
- ☐ Place potato in 13x9x2-inch broilerproof baking dish. Repeat with remaining potatoes.
- ☐ Add some of oil to dish and toss potatoes to coat. Slide 1 bay leaf into each cut in each potato.
- ☐ Mix salt, herbs, and pepper in small bowl and sprinkle over potatoes. Roast potatoes until tender, about 55 minutes.
- ☐ Remove dish from oven. Preheat broiler.
- ☐ Drizzle remaining oil over potatoes. Broil until potatoes begin to brown, about 4 minutes.
- ☐ *A dried herb mixture available at specialty foods stores and in the spice section of some supermarkets. A combination of dried thyme, basil, savory, and fennel seeds can be substituted.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:13.19130417575%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 234.89kcal (11.74%), Fat: 4.09g (6.3%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 46.19g (15.4%), Net Carbohydrates: 40.94g (14.89%), Sugar: 3.67g (4.08%), Cholesterol: 0mg (0%), Sodium: 1214.37mg (52.8%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Potassium: 1305.36mg (37.3%), Vitamin C: 24.9mg (30.18%), Manganese: 0.55mg (27.39%), Vitamin B6: 0.5mg (24.88%), Fiber: 5.25g (21.01%), Copper: 0.39mg (19.69%), Phosphorus: 175.45mg (17.55%), Vitamin B3: 3.3mg (16.49%), Magnesium: 64.9mg (16.22%), Vitamin K: 16.94µg (16.13%), Iron: 2.85mg (15.84%), Vitamin B1: 0.23mg (15.49%), Folate: 53.32µg (13.33%), Vitamin B5: 0.8mg (7.99%), Zinc: 0.99mg (6.61%), Vitamin B2: 0.09mg (5.48%), Calcium: 43.23mg (4.32%), Vitamin E: 0.58mg (3.85%), Selenium: 1.48µg (2.12%), Vitamin A: 76.51IU (1.53%)