



Potatoes Roasted with Rosemary and Sea Salt



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon sea salt
- ☐ 1.5 teaspoons rosemary leaves fresh chopped
- ☐ 3 large garlic clove minced
- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 8 ounces potatoes – remove skin cut into 6 wedges (3)

Equipment

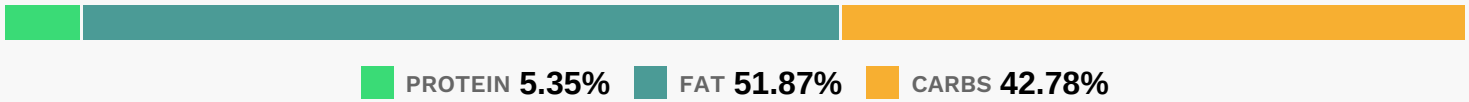
- ☐ bowl

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400°F. Toss potatoes with oil, salt and pepper in medium bowl to coat.
- ☐ Transfer potatoes to small baking sheet; roast 20 minutes, stirring once.
- ☐ Add garlic and rosemary to potatoes; toss. Roast until potatoes are just tender, about 10 minutes.
- ☐ Transfer to plate; serve.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.48, Inflammation Score:-2, Nutrition Score:6.34478267509%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 180.26kcal (9.01%), Fat: 10.7g (16.46%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 19.86g (6.62%), Net Carbohydrates: 17.7g (6.43%), Sugar: 1.51g (1.68%), Cholesterol: 0mg (0%), Sodium: 602.88mg (26.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Potassium: 541.38mg (15.47%), Manganese: 0.3mg (15.06%), Vitamin C: 11.17mg (13.54%), Vitamin B6: 0.25mg (12.51%), Vitamin E: 1.53mg (10.21%), Vitamin K: 10.5µg (10%), Fiber: 2.16g (8.64%), Copper: 0.17mg (8.64%), Phosphorus: 76.9mg (7.69%), Vitamin B1: 0.1mg (6.76%), Magnesium: 27.01mg (6.75%), Vitamin B3: 1.34mg (6.7%), Iron: 1.02mg (5.68%), Folate: 20.71µg (5.18%), Vitamin B5: 0.35mg (3.51%), Zinc: 0.43mg (2.9%), Vitamin B2: 0.04mg (2.42%), Calcium: 22.4mg (2.24%), Selenium: 1.23µg (1.76%)