

Roast Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



220 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon rosemary dried crushed
- 2 pounds potatoes - remove skin red cut into quarters
- 1 teaspoon salt
- 2 tablespoons vegetable oil

Equipment

- oven
- roasting pan

Directions

- Preheat oven to 450 degrees F (250 degrees C).
- Place potatoes in a large roasting pan and toss with oil, salt, pepper, and rosemary until evenly coated.
- Spread out potatoes in a single layer.
- Bake in preheated oven for 20 minutes, stirring occasionally.
- Serve immediately.

Nutrition Facts

PROTEIN 7.62% **FAT 28.34%** **CARBS 64.04%**

Properties

Glycemic Index:25.5, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:10.222608689381%

Flavonoids

Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 219.54kcal (10.98%), Fat: 7.13g (10.97%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 36.23g (12.08%), Net Carbohydrates: 32.3g (11.75%), Sugar: 2.93g (3.25%), Cholesterol: 0mg (0%), Sodium: 622.25mg (27.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.63%), Potassium: 1035.48mg (29.59%), Vitamin C: 19.51mg (23.65%), Vitamin B6: 0.39mg (19.32%), Vitamin K: 19.49µg (18.56%), Manganese: 0.35mg (17.67%), Fiber: 3.92g (15.7%), Copper: 0.31mg (15.39%), Phosphorus: 138.75mg (13.87%), Vitamin B3: 2.61mg (13.04%), Magnesium: 50.37mg (12.59%), Vitamin B1: 0.18mg (12.27%), Folate: 40.9µg (10.23%), Iron: 1.69mg (9.39%), Vitamin B5: 0.64mg (6.36%), Zinc: 0.75mg (5.02%), Vitamin B2: 0.07mg (4.17%), Vitamin E: 0.58mg (3.88%), Calcium: 24.31mg (2.43%), Selenium: 1.15µg (1.64%)