



Roasted Baby Potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

SIDE DISH

Ingredients



8 servings tarragon aioli



3 tablespoons olive oil



3 pounds thin-skinned potatoes scrubbed ()



8 servings salt and pepper

Equipment



frying pan

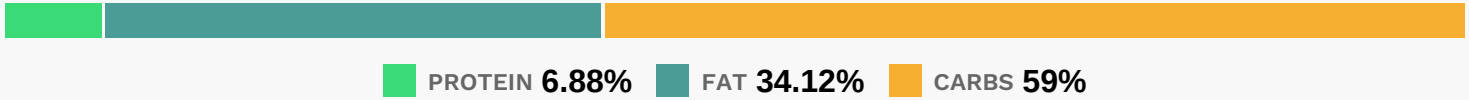


oven

Directions

- ☐ In a 10- by 15-inch pan, mix potatoes and oil. Lightly sprinkle with salt and pepper.
- ☐ Roast potatoes in a 400 oven, shaking pan occasionally, until tender when pierced, 45 to 50 minutes (35 to 40 minutes in convection oven).
- ☐ Serve potatoes hot or warm with tarragon aioli.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:7.4069565372623%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 184.14kcal (9.21%), Fat: 7.09g (10.9%), Saturated Fat: 1.05g (6.57%), Carbohydrates: 27.58g (9.19%), Net Carbohydrates: 24.69g (8.98%), Sugar: 2.19g (2.44%), Cholesterol: 1.33mg (0.44%), Sodium: 261.85mg (11.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.43%), Potassium: 774.03mg (22.12%), Vitamin C: 14.63mg (17.73%), Vitamin B6: 0.29mg (14.46%), Manganese: 0.24mg (12.02%), Fiber: 2.89g (11.57%), Copper: 0.23mg (11.4%), Phosphorus: 103.76mg (10.38%), Vitamin B3: 1.95mg (9.77%), Magnesium: 37.43mg (9.36%), Vitamin B1: 0.14mg (9.19%), Vitamin K: 8.09µg (7.71%), Folate: 30.62µg (7.65%), Iron: 1.27mg (7.07%), Vitamin E: 0.77mg (5.15%), Vitamin B5: 0.47mg (4.75%), Zinc: 0.56mg (3.75%), Vitamin B2: 0.05mg (3.1%), Calcium: 17.18mg (1.72%), Selenium: 0.85µg (1.22%)