

 57%
HEALTH SCORE

Roasted Baby Potatoes with Herbs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



306 kcal

SIDE DISH

Ingredients

- ☐ 3 cloves garlic minced
- ☐ 1 tablespoon herbs de provence for garnish
- ☐ 0.3 cup olive oil extra-virgin for drizzling
- ☐ 2 pound red-skinned potatoes scrubbed
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 pound white-skinned potatoes scrubbed

Equipment

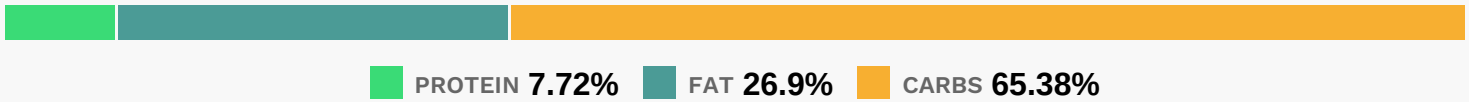
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ tongs

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Put the potatoes into a large bowl. In a small bowl, whisk the herbs, garlic, and oil together until blended, and then pour over the potatoes.
- ☐ Sprinkle generously with salt and pepper and toss to coat.
- ☐ Transfer the potatoes to a heavy large baking dish, spacing them evenly apart.
- ☐ Roast the potatoes until they are tender and golden, turning them occasionally with tongs, about 1 hour.
- ☐ Transfer the roasted potatoes to a decorative platter and drizzle with extra-virgin olive oil and herbes de Provence, if desired.
- ☐ Serve hot or warm.

Nutrition Facts



Properties

Glycemic Index:24.29, Glycemic Load:19.49, Inflammation Score:-5, Nutrition Score:15.630434557148%

Flavonoids

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: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 306.15kcal (15.31%), Fat: 9.41g (14.47%), Saturated Fat: 1.36g (8.47%), Carbohydrates: 51.44g (17.15%), Net Carbohydrates: 45.24g (16.45%), Sugar: 3.16g (3.51%), Cholesterol: 0mg (0%), Sodium: 37.11mg (1.61%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Vitamin C: 43.59mg (52.84%), Potassium: 1337.35mg (38.21%), Vitamin B6: 0.73mg (36.28%), Manganese: 0.53mg (26.74%), Fiber: 6.2g (24.8%), Vitamin K: 24.29µg (23.14%), Copper: 0.38mg (18.87%), Phosphorus: 182.21mg (18.22%), Iron: 3.19mg (17.74%), Magnesium: 70.05mg (17.51%), Vitamin B3: 3.38mg (16.88%), Vitamin B1: 0.25mg (16.66%), Folate: 53.3µg (13.32%), Vitamin E: 1.38mg (9.19%), Vitamin B5: 0.88mg (8.8%), Zinc: 1mg (6.65%), Vitamin B2: 0.1mg (5.87%), Calcium: 49.11mg (4.91%), Selenium: 1.46µg (2.08%)