



HEALTH SCORE

14%

## Roasted Cajun Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



165 kcal

SIDE DISH

### Ingredients

- 2.5 pounds potatoes - remove skin red
- 0.3 cup olive oil
- 2 shallots chopped
- 1 garlic clove minced
- 1 teaspoon salt
- 0.5 teaspoon paprika
- 0.5 teaspoon ground pepper
- 0.5 teaspoon pepper

2 tablespoons parsley fresh minced

## Equipment

bowl

oven

roasting pan

## Directions

Cut each potato lengthwise into eight wedges.

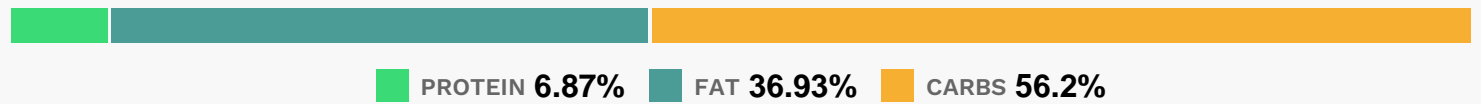
In a large bowl, combine the oil, shallots, garlic, salt, paprika, cayenne and pepper; add potatoes and toss to coat.

Place in a greased roasting pan.

Bake, uncovered, at 450&deg; for 45–50 minutes or until tender and golden brown, turning every 15 minutes.

Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:21.38, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:7.8856521793034%

## Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Nutrients (% of daily need)

Calories: 165.38kcal (8.27%), Fat: 7.01g (10.78%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 23.99g (8%), Net Carbohydrates: 21.23g (7.72%), Sugar: 2.36g (2.62%), Cholesterol: 0mg (0%), Sodium: 317.86mg (13.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.87%), Vitamin K: 25.04µg (23.84%), Potassium: 680.03mg (19.43%), Vitamin C: 14.23mg (17.25%), Vitamin B6: 0.27mg (13.71%), Manganese: 0.25mg (12.36%), Fiber: 2.76g (11.04%), Copper: 0.2mg (10.06%), Phosphorus: 92.33mg (9.23%), Magnesium: 33.72mg (8.43%), Vitamin B3:

1.68mg (8.41%), Vitamin B1: 0.12mg (8.08%), Folate: 29.39 $\mu$ g (7.35%), Vitamin E: 1.07mg (7.14%), Iron: 1.27mg (7.04%), Vitamin B5: 0.42mg (4.25%), Vitamin A: 208.71IU (4.17%), Zinc: 0.52mg (3.46%), Vitamin B2: 0.05mg (2.91%), Calcium: 19.82mg (1.98%), Selenium: 0.86 $\mu$ g (1.23%)