



Roasted Creole Potatoes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



361 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces andouille sausage sliced
- ☐ 1 tablespoon creole seasoning
- ☐ 1 tablespoon garlic powder
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 1 tablespoon paprika

☐ 2 pounds potatoes white cubed

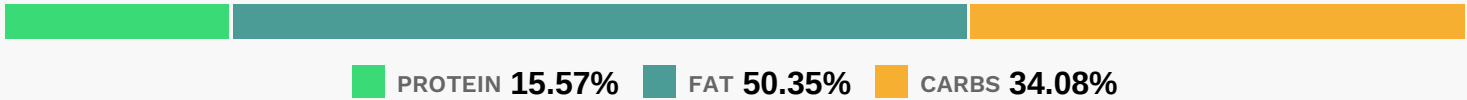
Equipment

- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place the potatoes, sausage, green pepper, and onion into a high-sided roasting pan.
- ☐ Drizzle with olive oil, and toss to coat.
- ☐ Sprinkle with paprika, Creole seasoning, garlic powder, and black pepper; toss again to coat.
- ☐ Roast in preheated oven until the potatoes are tender and beginning to turn golden brown, 45 minutes to 1 hour. Stir occasionally during roasting.

Nutrition Facts



Properties

Glycemic Index:34.13, Glycemic Load:19.84, Inflammation Score:-7, Nutrition Score:15.969565204952%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg, Kaempferol: 1.3mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

Nutrients (% of daily need)

Calories: 360.95kcal (18.05%), Fat: 20.57g (31.65%), Saturated Fat: 5.76g (36.02%), Carbohydrates: 31.33g (10.44%), Net Carbohydrates: 26.72g (9.72%), Sugar: 2.9g (3.22%), Cholesterol: 48.76mg (16.25%), Sodium: 473.51mg (20.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.32g (28.63%), Vitamin C: 41.42mg (50.2%), Vitamin B6: 0.67mg (33.44%), Potassium: 935.41mg (26.73%), Vitamin B3: 5.34mg (26.71%), Vitamin A: 995.68IU (19.91%), Vitamin B1: 0.29mg (19.47%), Phosphorus: 189.17mg (18.92%), Fiber: 4.6g (18.41%), Selenium: 12.74µg (18.2%), Manganese: 0.36mg (17.86%), Zinc: 1.98mg (13.21%), Iron: 2.38mg (13.2%), Magnesium: 51.36mg (12.84%), Vitamin E: 1.85mg (12.31%), Copper: 0.24mg (12%), Vitamin B2: 0.18mg (10.57%), Vitamin B5: 0.93mg (9.31%), Vitamin B12: 0.56µg (9.26%), Vitamin K: 8.81µg (8.39%), Folate: 30.67µg (7.67%), Vitamin D: 0.79µg

(5.29%), Calcium: 34.04mg (3.4%)