



HEALTH SCORE

53%

Roasted Fingerling Potatoes with Dijon



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2.5 pounds fingerling potatoes cut in half lengthwise
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 2 tablespoons olive oil extra-virgin divided
- ☐ 0.5 teaspoon salt

Equipment

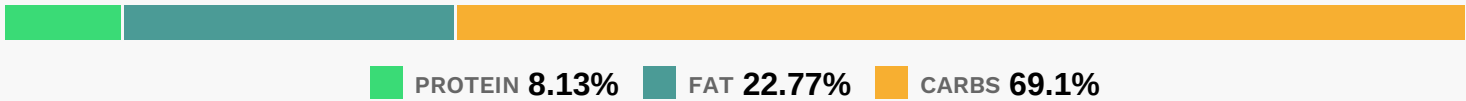
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 425
- ☐ Place potatoes on a baking sheet.
- ☐ Drizzle potatoes with 1 tablespoon oil; sprinkle with salt and 1/4 teaspoon pepper. Toss to coat.
- ☐ Bake at 425 for 30 minutes or until golden brown. Cool potatoes slightly.
- ☐ Place the remaining 1 tablespoon oil, 1/4 teaspoon pepper, and mustard in a large bowl; stir well with a whisk.
- ☐ Add half of roasted potatoes and parsley; toss gently to coat. (Reserve remaining potatoes for Sunday brunch.)
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:44.94, Glycemic Load:36.32, Inflammation Score:-6, Nutrition Score:17.328695701516%

Flavonoids

Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg, Kaempferol: 2.31mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 282.26kcal (14.11%), Fat: 7.31g (11.24%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 49.91g (16.64%), Net Carbohydrates: 43.48g (15.81%), Sugar: 2.25g (2.5%), Cholesterol: 0mg (0%), Sodium: 316.44mg (13.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.74%), Vitamin C: 59.84mg (72.53%), Vitamin K: 59.22µg (56.4%), Vitamin B6: 0.84mg (42.01%), Potassium: 1214.52mg (34.7%), Fiber: 6.43g (25.7%), Manganese: 0.47mg (23.69%), Magnesium: 67.44mg (16.86%), Phosphorus: 164.4mg (16.44%), Copper: 0.31mg (15.73%), Vitamin B1:

0.23mg (15.39%), Vitamin B3: 3.03mg (15.17%), Iron: 2.47mg (13.74%), Folate: 50.01µg (12.5%), Vitamin B5: 0.86mg (8.57%), Vitamin E: 1.06mg (7.09%), Zinc: 0.86mg (5.75%), Vitamin B2: 0.09mg (5.56%), Vitamin A: 260.2IU (5.2%), Calcium: 39.91mg (3.99%), Selenium: 1.08µg (1.54%)