



# Roasted Fingerling Potatoes with Fresh Herbs and Garlic

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

## Ingredients

- 2 pints fingerling potatoes
- 2 sprigs rosemary fresh
- 2 sprigs sage fresh
- 3 sprigs thyme leaves fresh
- 6 cloves garlic unpeeled
- 3 tablespoons olive oil extra-virgin for sheet pan
- 4 servings salt and pepper

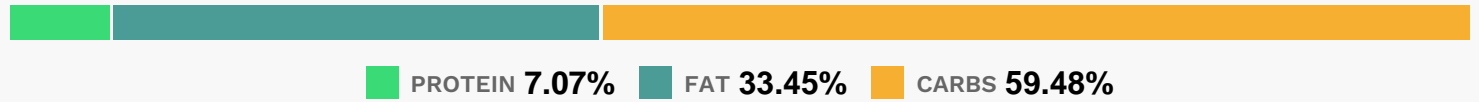
# Equipment

- bowl
- frying pan
- baking sheet
- oven

# Directions

- Preheat oven to 500 degrees F and place a baking sheet inside to heat.
- Add potatoes, rosemary, sage, thyme, and garlic to a medium bowl.
- Drizzle with olive oil, and season with salt and pepper.
- Remove sheet pan from oven, lightly coat with olive oil, and pour potatoes onto pan.
- Place potatoes in oven and reduce heat to 425 degrees F. Roast for 20 minutes, or until crispy on outside and tender on inside.

# Nutrition Facts



# Properties

Glycemic Index:39.69, Glycemic Load:30.71, Inflammation Score:-8, Nutrition Score:14.659130404825%

# Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg, Kaempferol: 1.9mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

# Nutrients (% of daily need)

Calories: 282.82kcal (14.14%), Fat: 10.76g (16.56%), Saturated Fat: 1.53g (9.53%), Carbohydrates: 43.05g (14.35%), Net Carbohydrates: 37.62g (13.68%), Sugar: 1.89g (2.1%), Cholesterol: 0mg (0%), Sodium: 209.05mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.23%), Vitamin C: 49.22mg (59.66%), Copper: 0.89mg (44.42%), Vitamin B6: 0.76mg (37.83%), Potassium: 1019.99mg (29.14%), Manganese: 0.47mg (23.56%), Fiber: 5.43g (21.7%), Magnesium: 57.14mg (14.28%), Phosphorus: 142.64mg (14.26%), Vitamin B1: 0.2mg (13.28%), Vitamin

B3: 2.54mg (12.7%), Iron: 2.14mg (11.88%), Vitamin K: 10.89µg (10.37%), Vitamin E: 1.54mg (10.26%), Folate: 38.38µg (9.6%), Vitamin B5: 0.73mg (7.31%), Zinc: 0.76mg (5.04%), Vitamin B2: 0.08mg (4.97%), Calcium: 41.29mg (4.13%), Selenium: 1.35µg (1.93%)