



Roasted Fingerlings with Preserved Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



271 kcal

SIDE DISH

Ingredients



2 pounds fingerling potatoes halved lengthwise



2 teaspoons rosemary leaves fresh chopped



4 servings pepper freshly ground



3 tablespoons simple preserved lemons thinly sliced



3 tablespoons olive oil

Equipment

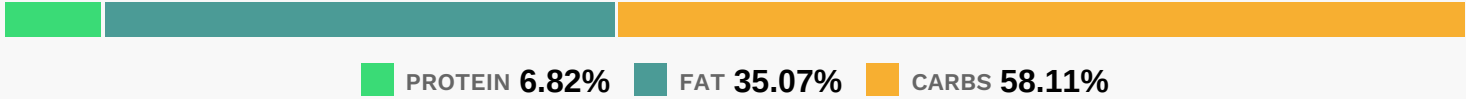


oven

Directions

- ☐ Preheat oven to 450°F. Toss potatoes, oil, and rosemary on a large rimmed baking sheet; season with salt and pepper. Roast, tossing halfway through, until soft and golden brown, 25–30 minutes. Toss warm potatoes with preserved lemon peel.
- ☐ Dish, 4 ways
- ☐ Roasted fingerling potatoes are an always-excellent side—and a wonderful blank canvas for seasonings. Instead of rosemary and preserved lemon, try...Curry powder + Cashews
Season potatoes with curry powder before roasting.
- ☐ Sprinkle with coarsely chopped cashews and cilantro to serve. Carrots + Chile Replace half the potatoes with pieces of chopped carrot (aim for roughly the same size as the fingerlings). Toss roasted vegetables with melted butter and Aleppo pepper. Oregano + Feta
- ☐ Sprinkle fresh or dried oregano over the potatoes before roasting. Top with feta to serve.
- ☐ Per serving: 280 calories, 11 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 28.94, Glycemic Load: 29.02, Inflammation Score: -4, Nutrition Score: 12.031739022421%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, 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: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 270.99kcal (13.55%), Fat: 10.74g (16.53%), Saturated Fat: 1.52g (9.51%), Carbohydrates: 40.05g (13.35%), Net Carbohydrates: 34.67g (12.61%), Sugar: 2.12g (2.36%), Cholesterol: 0mg (0%), Sodium: 13.85mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.41%), Vitamin C: 44.69mg (54.17%), Vitamin B6: 0.67mg (33.48%), Potassium: 956.58mg (27.33%), Fiber: 5.54g (22.17%), Manganese: 0.36mg (18.01%), Magnesium: 52.38mg (13.09%), Phosphorus: 129.46mg (12.95%), Copper: 0.25mg (12.32%), Vitamin B1: 0.18mg (12.1%), Vitamin B3: 2.39mg (11.96%), Vitamin K: 10.79µg (10.28%), Vitamin E: 1.54mg (10.24%), Iron: 1.84mg (10.23%), Folate: 36.36µg

(9.09%), Vitamin B5: 0.67mg (6.73%), Zinc: 0.66mg (4.4%), Vitamin B2: 0.07mg (4.28%), Calcium: 27.92mg (2.79%)