



Roasted Garlic Potatoes



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



12

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 14 ounce seasoned chicken broth with roasted garlic swanson® canned
- ☐ 11 medium potatoes thinly sliced

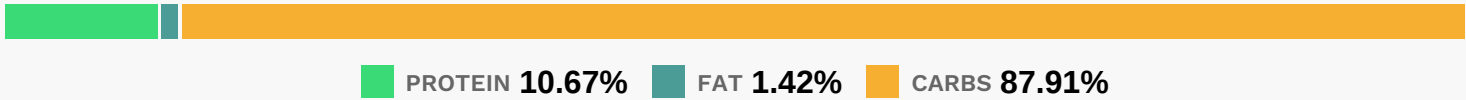
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐
- Place potatoes in 3 quart shallow baking dish.
- ☐
- Pour broth over potatoes. Cover.
- ☐
- Bake at 400 degrees F for 40 minutes. Uncover and bake 15 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:6.98, Glycemic Load:24.97, Inflammation Score:-4, Nutrition Score:9.7943477701882%

Flavonoids

Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 152.33kcal (7.62%), Fat: 0.25g (0.38%), Saturated Fat: 0.06g (0.34%), Carbohydrates: 34.26g (11.42%), Net Carbohydrates: 29.96g (10.89%), Sugar: 1.67g (1.85%), Cholesterol: 0.66mg (0.22%), Sodium: 134.42mg (5.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.31%), Vitamin C: 38.46mg (46.62%), Vitamin B6: 0.58mg (28.8%), Potassium: 827.96mg (23.66%), Fiber: 4.3g (17.18%), Manganese: 0.31mg (15.7%), Magnesium: 45.24mg (11.31%), Phosphorus: 112.62mg (11.26%), Vitamin B1: 0.16mg (10.88%), Copper: 0.22mg (10.79%), Vitamin B3: 2.13mg (10.65%), Iron: 1.55mg (8.59%), Folate: 31.24µg (7.81%), Vitamin B5: 0.58mg (5.81%), Vitamin B2: 0.08mg (4.82%), Zinc: 0.59mg (3.93%), Vitamin K: 3.71µg (3.53%), Calcium: 24.75mg (2.48%), Selenium: 0.72µg (1.03%)