



Roasted Herbed Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 20 ounce potato wedges refrigerated (such as Simply Potatoes)

Equipment

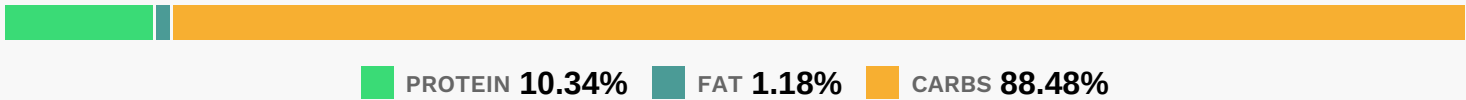
- ☐ frying pan
- ☐ oven

☐ aluminum foil

Directions

- ☐ Preheat oven to 425
- ☐ Place potato wedges on a foil-lined jelly-roll pan coated with cooking spray.
- ☐ Add thyme, kosher salt, and freshly ground black pepper; toss to coat. Arrange potatoes in a single layer on prepared pan.
- ☐ Bake at 425 for 29 minutes, turning once.
- ☐ Remove from oven; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:48.19, Glycemic Load:18.19, Inflammation Score:-8, Nutrition Score:7.4073913350053%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 110.48kcal (5.52%), Fat: 0.15g (0.23%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 25.09g (8.36%), Net Carbohydrates: 21.8g (7.93%), Sugar: 1.11g (1.23%), Cholesterol: 0mg (0%), Sodium: 153.98mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.87%), Vitamin C: 29.58mg (35.85%), Vitamin B6: 0.42mg (21.1%), Potassium: 604.75mg (17.28%), Fiber: 3.29g (13.17%), Manganese: 0.25mg (12.52%), Magnesium: 34.44mg (8.61%), Phosphorus: 82.08mg (8.21%), Copper: 0.16mg (8.02%), Vitamin B1: 0.11mg (7.6%), Vitamin B3: 1.51mg (7.57%), Iron: 1.3mg (7.2%), Folate: 23.21µg (5.8%), Vitamin B5: 0.43mg (4.26%), Vitamin K: 3.51µg (3.35%), Vitamin B2: 0.05mg (2.96%), Zinc: 0.43mg (2.88%), Calcium: 21.76mg (2.18%), Vitamin A: 54.19IU (1.08%)