



Roasted New Potatoes

READY IN



45 min.

SERVINGS



8

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup italian-seasoned breadcrumbs
- ☐ 0.8 teaspoon paprika
- ☐ 0.3 cup parmesan cheese fresh grated
- ☐ 2.3 pounds round potatoes red

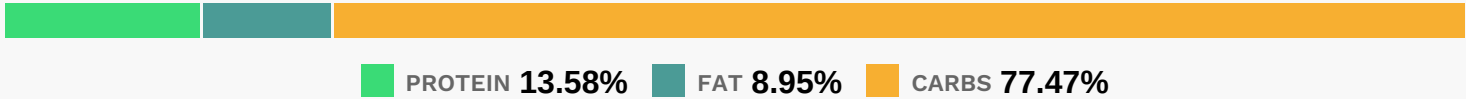
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Place potatoes in a Dutch oven; add water to cover. Bring to a boil; reduce heat, and cook, uncovered, 15 minutes or until tender; drain and cool slightly.
- ☐ Preheat oven to 45
- ☐ Quarter potatoes; coat with cooking spray.
- ☐ Combine breadcrumbs, cheese, and paprika; sprinkle over potatoes, tossing to coat well. Arrange in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 20 to 25 minutes or until coating is crispy.
- ☐ Tip: Enjoy these crispy Parmesan cheese-coated potatoes instead of high-fat French fries.

Nutrition Facts



Properties

Glycemic Index:5.25, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:6.8082608752277%

Flavonoids

Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 119.75kcal (5.99%), Fat: 1.22g (1.88%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 21.31g (7.75%), Sugar: 1.97g (2.18%), Cholesterol: 2.16mg (0.72%), Sodium: 124.1mg (5.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.35%), Potassium: 617.77mg (17.65%), Vitamin C: 11.48mg (13.92%), Vitamin B6: 0.24mg (11.91%), Manganese: 0.23mg (11.35%), Phosphorus: 109.62mg (10.96%), Fiber: 2.5g (9.99%), Vitamin B1: 0.14mg (9.67%), Copper: 0.19mg (9.44%), Vitamin B3: 1.78mg (8.89%), Magnesium: 32.54mg (8.13%), Folate: 28.59µg (7.15%), Iron: 1.22mg (6.75%), Calcium: 57.48mg (5.75%), Vitamin K: 5.77µg (5.49%), Vitamin B5: 0.41mg (4.11%), Vitamin B2: 0.07mg (4.07%), Zinc: 0.58mg (3.9%), Selenium: 2.3µg (3.29%), Vitamin A: 133.26IU (2.67%)