



Roasted New Potatoes with Lemon, Oregano, and Olives

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

Ingredients

- 0.3 cup olives black pitted chopped
- 0.3 teaspoon pepper black
- 1 juice of lemon
- 2 pounds new potatoes halved quartered
- 2 teaspoons olive oil extra-virgin
- 2 tablespoons oregano fresh chopped
- 0.5 teaspoon salt

1 onion yellow cut into 8 wedges

Equipment

bowl

oven

roasting pan

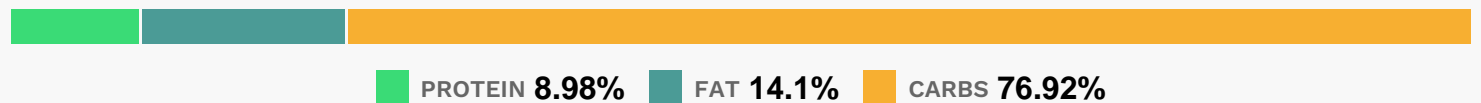
Directions

Preheat the oven to 400F. In a large bowl, toss potatoes and onions with olive oil; season with salt and pepper.

Spread in 1 layer on a roasting pan, cut sides down so no vegetables are overlapping. Roast until the potatoes are browned and just tender (50–60 minutes).

Remove and toss with lemon juice, zest, oregano, and black olives.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:19.75, Inflammation Score:-9, Nutrition Score:9.735217338023%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 149.42kcal (7.47%), Fat: 2.43g (3.75%), Saturated Fat: 0.37g (2.34%), Carbohydrates: 29.89g (9.96%), Net Carbohydrates: 25.32g (9.21%), Sugar: 2.18g (2.42%), Cholesterol: 0mg (0%), Sodium: 291.86mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.98%), Vitamin C: 33.12mg (40.14%), Vitamin B6: 0.49mg (24.49%), Potassium: 692.98mg (19.8%), Fiber: 4.57g (18.27%), Manganese: 0.35mg (17.49%), Vitamin K: 14.33µg (13.64%), Magnesium: 42.17mg (10.54%), Iron: 1.88mg (10.44%), Copper: 0.19mg (9.49%), Phosphorus: 94.72mg (9.47%), Vitamin B1: 0.13mg (8.99%), Vitamin B3: 1.71mg (8.56%), Folate: 32.81µg (8.2%), Calcium: 52.7mg (5.27%),

Vitamin B5: 0.49mg (4.94%), Vitamin E: 0.74mg (4.92%), Vitamin B2: 0.06mg (3.73%), Zinc: 0.52mg (3.47%),
Vitamin A: 54.6IU (1.09%)