



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

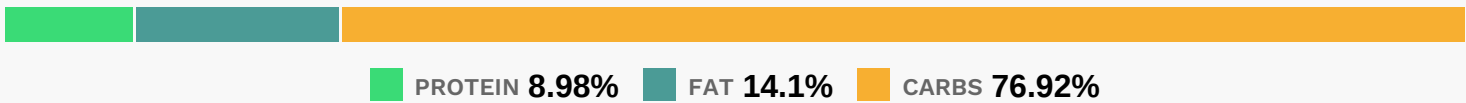
Equipment

- ☐ 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%)