



Roasted New Red Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

SIDE DISH

Ingredients



3 pounds new potatoes red halved



0.3 cup olive oil



1 teaspoon salt and pepper black freshly ground

Equipment



frying pan



baking sheet

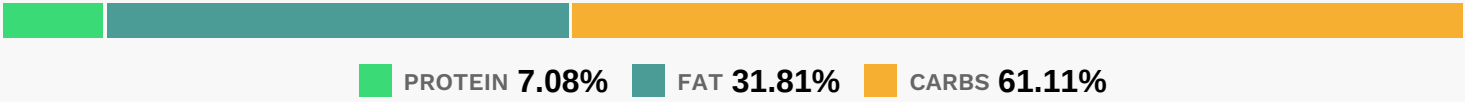


oven

Directions

- ☐
- Adjust oven rack to lowest position and heat oven to 450 degrees. Toss potatoes with oil, salt and pepper. Arrange, cut side down, on a large lipped cookie sheet or jellyroll pan.
- ☐
- Roast until tender and golden brown, about 30 minutes (check after 20 minutes).
- ☐
- Transfer to a serving dish.

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:21.78, Inflammation Score:-3, Nutrition Score:8.969130344041%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 191.27kcal (9.56%), Fat: 6.91g (10.63%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 29.88g (9.96%), Net Carbohydrates: 26.07g (9.48%), Sugar: 1.33g (1.48%), Cholesterol: 0mg (0%), Sodium: 10.39mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin C: 33.51mg (40.62%), Vitamin B6: 0.5mg (25.13%), Potassium: 719.5mg (20.56%), Fiber: 3.81g (15.22%), Manganese: 0.29mg (14.61%), Magnesium: 39.55mg (9.89%), Phosphorus: 97.35mg (9.74%), Copper: 0.19mg (9.35%), Vitamin B1: 0.14mg (9.09%), Vitamin B3: 1.8mg (8.98%), Iron: 1.39mg (7.72%), Vitamin K: 7.7µg (7.34%), Folate: 27.26µg (6.81%), Vitamin E: 0.99mg (6.61%), Vitamin B5: 0.51mg (5.07%), Zinc: 0.5mg (3.31%), Vitamin B2: 0.05mg (3.23%), Calcium: 21.59mg (2.16%)