



Roasted Parmesan Potatoes

READY IN



65 min.

SERVINGS



8

CALORIES



209 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 0.3 cup flour
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 0.3 teaspoon garlic powder
- 0.3 teaspoon paprika
- 0.3 cup parsley fresh chopped
- 2 tablespoons rosemary leaves fresh chopped
- 0.3 cup parmesan cheese freshly grated

- 6 medium potatoes – remove skin red
- 1 tablespoon chives fresh minced

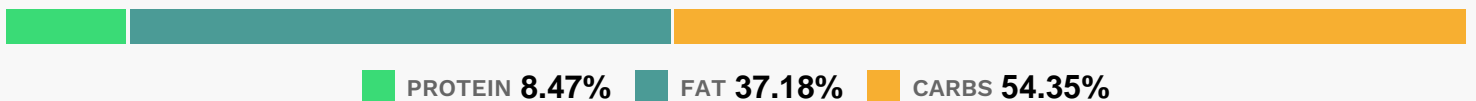
Equipment

- frying pan
- oven
- baking pan
- microwave

Directions

- Preheat oven to 350 degrees.
- Place butter in a 9 x 13 pan and place in the oven to melt.
- While butter melts, wash and quarter potatoes.
- In a large ziploc bag, mix together flour, salt, pepper, garlic powder, paprika, parsley, rosemary and cheese (freshly grated please!).
- Add potatoes to bag and shake well to coat with flour mixture. You can do this a few at a time if you wish.
- Remove baking dish from oven and as you place each potato piece in the dish roll it in the butter. Arrange pieces in a single layer.
- Bake until potatoes are tender and brown, about 50 minutes.
- Sprinkle with chives before serving.
- Note: If you wish to decrease the amount of butter, spray baking dish with cooking spray. Melt butter (about 1/4 cup) in a small dish in the microwave.
- Place potatoes in sprayed pan and drizzle with the melted butter before baking.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:2.19, Inflammation Score:-6, Nutrition Score:9.9399999214903%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 209.1kcal (10.46%), Fat: 8.87g (13.64%), Saturated Fat: 5.43g (33.92%), Carbohydrates: 29.15g (9.72%), Net Carbohydrates: 26.15g (9.51%), Sugar: 2.11g (2.35%), Cholesterol: 23.05mg (7.68%), Sodium: 290.98mg (12.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.09%), Vitamin K: 37.06µg (35.3%), Potassium: 757.3mg (21.64%), Vitamin C: 16.56mg (20.07%), Vitamin B6: 0.28mg (14.15%), Manganese: 0.27mg (13.7%), Phosphorus: 126.07mg (12.61%), Fiber: 3.01g (12.04%), Copper: 0.23mg (11.39%), Vitamin B1: 0.16mg (10.94%), Vitamin B3: 2.11mg (10.56%), Folate: 40.25µg (10.06%), Vitamin A: 494.6IU (9.89%), Magnesium: 39.13mg (9.78%), Iron: 1.54mg (8.58%), Calcium: 51.56mg (5.16%), Vitamin B2: 0.09mg (5.11%), Vitamin B5: 0.5mg (4.99%), Zinc: 0.73mg (4.88%), Selenium: 3.35µg (4.78%), Vitamin E: 0.29mg (1.92%)