



Roasted Potato Salad with Peppers and Parmesan

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



195 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon olive oil extravirgin divided
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves minced
- 0.5 cup green onions thinly sliced
- 0.5 teaspoon ground cumin

- 2 tablespoons jalapeno minced seeded (1 pepper)
- 2 teaspoons oregano fresh chopped
- 3 ounces parmigiano-reggiano cheese shaved
- 2 pounds potatoes red quartered
- 1 cup bottled roasted bell peppers red finely chopped
- 0.5 teaspoon salt divided

Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Preheat oven to 37
- Place potatoes in a 13 x 9-inch baking dish.
- Drizzle with 1 teaspoon oil; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Toss well to coat. Cover and bake at 375 for 30 minutes. Uncover and bake an additional 30 minutes or until tender, stirring occasionally.
- Remove from oven; place potatoes in a large bowl.
- Add bell peppers and next 5 ingredients (through garlic); toss well to combine.
- Combine remaining 2 teaspoons oil, remaining 1/4 teaspoon salt, cumin, and 1/8 teaspoon black pepper, stirring with a whisk.
- Drizzle dressing over potato mixture, and toss gently to coat.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:37.83, Glycemic Load:0.43, Inflammation Score:-8, Nutrition Score:12.603043606748%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 194.7kcal (9.73%), Fat: 6.39g (9.83%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 27.31g (9.1%), Net Carbohydrates: 23.73g (8.63%), Sugar: 2.51g (2.79%), Cholesterol: 9.64mg (3.21%), Sodium: 770mg (33.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.98%), Vitamin C: 31.87mg (38.63%), Vitamin K: 30.65µg (29.19%), Potassium: 791.04mg (22.6%), Calcium: 214.27mg (21.43%), Phosphorus: 203.52mg (20.35%), Vitamin B6: 0.36mg (17.95%), Manganese: 0.35mg (17.32%), Fiber: 3.58g (14.32%), Copper: 0.26mg (12.93%), Magnesium: 47.54mg (11.88%), Iron: 1.95mg (10.86%), Vitamin B3: 2.07mg (10.33%), Folate: 40.69µg (10.17%), Vitamin B1: 0.15mg (9.68%), Vitamin A: 438.82IU (8.78%), Vitamin B2: 0.12mg (6.92%), Zinc: 1.01mg (6.75%), Selenium: 4.28µg (6.11%), Vitamin B5: 0.53mg (5.35%), Vitamin E: 0.75mg (5.02%), Vitamin B12: 0.17µg (2.83%)