



Roasted Potato Trio

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



357 kcal

SIDE DISH

Ingredients

- 0.3 cup butter
- 0.3 cup rosemary fresh chopped
- 0.3 cup olive oil
- 0.5 teaspoon pepper freshly ground
- 2 pounds potatoes red
- 0.5 teaspoon salt
- 2.5 pounds sweet potatoes
- 1 pound yukon gold potatoes

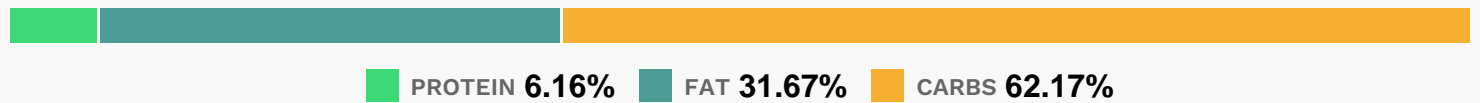
Equipment

- baking sheet
- sauce pan
- oven

Directions

- Cut potatoes into 1/2-inch-thick slices.
- Cook butter, oil, and rosemary in a small saucepan over medium heat, stirring until butter melts.
- Brush 1/4 cup butter mixture over 2 baking sheets. Arrange potato slices evenly in a single layer on prepared sheets; brush with remaining butter mixture.
- Sprinkle with salt and pepper.
- Bake at 450 for 35 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:27.97, Glycemic Load:21.34, Inflammation Score:-10, Nutrition Score:18.88695655504%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 357.26kcal (17.86%), Fat: 12.85g (19.77%), Saturated Fat: 4.69g (29.32%), Carbohydrates: 56.77g (18.92%), Net Carbohydrates: 49.15g (17.87%), Sugar: 7.84g (8.71%), Cholesterol: 15.25mg (5.08%), Sodium: 293.18mg (12.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.25%), Vitamin A: 20329.66IU (406.59%), Potassium: 1243.33mg (35.52%), Vitamin B6: 0.66mg (33.03%), Manganese: 0.64mg (31.97%), Fiber: 7.62g (30.47%), Vitamin C: 24.57mg (29.78%), Copper: 0.43mg (21.62%), Magnesium: 74.81mg (18.7%), Phosphorus:

170.76mg (17.08%), Vitamin B1: 0.25mg (16.58%), Vitamin B5: 1.64mg (16.37%), Vitamin B3: 2.7mg (13.52%), Iron: 2.26mg (12.57%), Folate: 46.54µg (11.63%), Vitamin K: 11.68µg (11.13%), Vitamin E: 1.52mg (10.16%), Vitamin B2: 0.14mg (8.48%), Calcium: 66.65mg (6.66%), Zinc: 0.98mg (6.55%), Selenium: 1.66µg (2.38%)