



Roasted Potatoes and Artichokes with Feta



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

Ingredients

- ☐ 28 ounce artichoke hearts halved canned
- ☐ 0.3 teaspoon pepper black
- ☐ 2 ounces feta cheese crumbled
- ☐ 1 tablespoon olive oil
- ☐ 2 pounds potatoes red quartered
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons teaspoons thyme dried fresh chopped

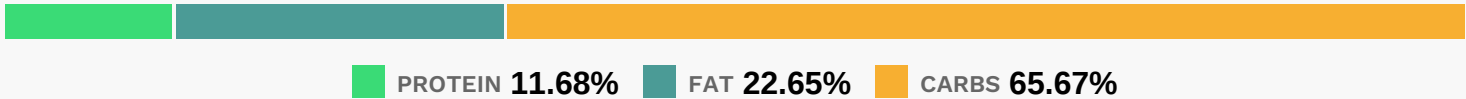
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Combine the first 6 ingredients in a large bowl, tossing well to coat. Arrange the potato mixture in a 13- x 9-inch baking pan coated with cooking spray.
- ☐ Bake at 425 for 40 minutes or until the potatoes are tender, stirring occasionally.
- ☐ Combine the potato mixture and feta cheese, and toss well.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.33, Inflammation Score:-10, Nutrition Score:13.117391280506%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 276.91kcal (13.85%), Fat: 6.93g (10.66%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 45.19g (15.06%), Net Carbohydrates: 37.75g (13.73%), Sugar: 4.45g (4.95%), Cholesterol: 12.62mg (4.21%), Sodium: 1226.24mg (53.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.03g (16.07%), Vitamin C: 25.11mg (30.43%), Potassium: 1063.78mg (30.39%), Fiber: 7.43g (29.73%), Vitamin B6: 0.46mg (22.91%), Manganese: 0.4mg (20.03%), Phosphorus: 190.02mg (19%), Copper: 0.33mg (16.49%), Magnesium: 58.41mg (14.6%), Vitamin B3: 2.81mg (14.06%), Vitamin B1: 0.21mg (13.82%), Iron: 2.39mg (13.29%), Vitamin B2: 0.21mg (12.16%), Folate: 46.96µg (11.74%), Calcium: 107.5mg (10.75%), Vitamin K: 9.14µg (8.71%), Zinc: 1.22mg (8.15%), Vitamin B5: 0.79mg (7.86%), Vitamin A: 242.66IU (4.85%), Selenium: 3.27µg (4.67%), Vitamin B12: 0.24µg (3.99%), Vitamin E: 0.55mg (3.69%)