



Roasted Potatoes and Shallots



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

Ingredients



3 tablespoons olive oil extra-virgin divided



6 large shallots peeled halved lengthwise



1.5 pounds yukon gold potatoes peeled quartered

Equipment



bowl



oven

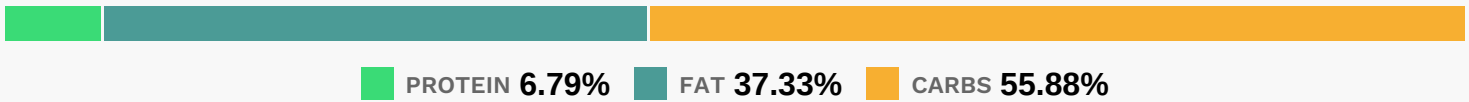


baking pan

Directions

- ☐ Preheat oven to 400°F with rack in lowest position.
- ☐ Toss shallots with 1 1/2 tablespoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a 13-by 9-inch baking pan, spreading evenly.
- ☐ Roast, stirring occasionally, until shallots are golden, about 30 minutes.
- ☐ Toss potatoes with remaining 1 1/2 tablespoons oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a bowl, then add to shallots.
- ☐ Roast, turning occasionally, until vegetables are tender and potatoes are crusty, 40 to 50 minutes.
- ☐ Shallots (but not potatoes) can be roasted (for 30 minutes only) 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:18.96, Glycemic Load:15.52, Inflammation Score:-3, Nutrition Score:7.2860870364568%

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: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 167.2kcal (8.36%), Fat: 7.13g (10.96%), Saturated Fat: 1g (6.25%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 20.72g (7.53%), Sugar: 2.85g (3.17%), Cholesterol: 0mg (0%), Sodium: 9.94mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Vitamin C: 24.34mg (29.5%), Vitamin B6: 0.42mg (21.04%), Potassium: 560.98mg (16.03%), Fiber: 3.29g (13.18%), Manganese: 0.25mg (12.32%), Phosphorus: 79.64mg (7.96%), Magnesium: 31.33mg (7.83%), Copper: 0.14mg (7.22%), Vitamin B1: 0.11mg (7.05%), Vitamin E: 1.03mg (6.86%), Iron: 1.22mg (6.8%), Folate: 26.64µg (6.66%), Vitamin K: 6.57µg (6.26%), Vitamin B3: 1.25mg (6.23%), Vitamin B5: 0.41mg (4.08%), Zinc: 0.43mg (2.86%), Vitamin B2: 0.04mg (2.43%), Calcium: 22.93mg (2.29%)