



Roasted Potatoes with Chipotle and Garlic



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons chipotle powder
- ☐ 0.7 cup crème fraîche sour
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 large garlic cloves minced
- ☐ 4 teaspoons juice of lime fresh
- ☐ 6 servings lime wedges
- ☐ 0.3 cup olive oil
- ☐ 2 pounds yukon gold potatoes cut into 8 wedges

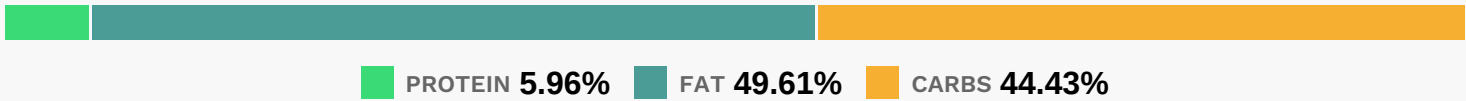
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Position rack in bottom third of oven and preheat to 400°F. Toss potatoes and oil in bowl to coat.
- ☐ Transfer to large baking sheet, one cut side down. Roast 15 minutes. Turn potatoes to expose other cut side. Roast until golden brown and tender, about 15 minutes.
- ☐ Sprinkle potatoes with 1 teaspoon chipotle powder, garlic, salt, and pepper; toss to coat. Turn potatoes skin side down. Roast 10 minutes longer.
- ☐ Meanwhile, stir crème fraîche, lime juice, and remaining 1/2 teaspoon chipotle powder in medium bowl to blend. Season chipotle cream with salt and pepper.
- ☐ Arrange potatoes on platter.
- ☐ Sprinkle with cilantro.
- ☐ Serve, passing chipotle cream and lime wedges separately.
- ☐ * Available at Latin American markets and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:19.45, Inflammation Score:-5, Nutrition Score:9.5517390759095%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg 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: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.17mg,

Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 250.65kcal (12.53%), Fat: 14.18g (21.81%), Saturated Fat: 3.88g (24.23%), Carbohydrates: 28.57g (9.52%),
Net Carbohydrates: 25g (9.09%), Sugar: 2.17g (2.41%), Cholesterol: 15.08mg (5.03%), Sodium: 25.69mg (1.12%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Vitamin C: 31.66mg (38.37%), Vitamin B6:
0.48mg (24.06%), Potassium: 687.95mg (19.66%), Fiber: 3.57g (14.27%), Manganese: 0.26mg (13.03%),
Phosphorus: 109.35mg (10.93%), Vitamin E: 1.61mg (10.75%), Magnesium: 38.69mg (9.67%), Vitamin K: 9.66µg
(9.2%), Copper: 0.18mg (8.89%), Vitamin B1: 0.13mg (8.7%), Vitamin B3: 1.69mg (8.45%), Iron: 1.36mg (7.57%),
Folate: 26.39µg (6.6%), Vitamin A: 321.74IU (6.43%), Vitamin B2: 0.1mg (5.77%), Vitamin B5: 0.55mg (5.51%),
Calcium: 48.39mg (4.84%), Zinc: 0.56mg (3.74%), Selenium: 1.65µg (2.36%)