



WHATSheATE



Roasted Potatoes with Citrus-Spiked Tapenade



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon rosemary fresh finely chopped
- ☐ 0.5 garlic clove minced
- ☐ 12 kalamata olives pitted chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated

- ☐ 12 manzanilla olives green pitted chopped or
- ☐ 4 teaspoons olive oil divided
- ☐ 1 teaspoon orange rind grated
- ☐ 1 pound potatoes red halved
- ☐ 0.5 teaspoon salt
- ☐ 1 pound yukon gold potatoes cubed

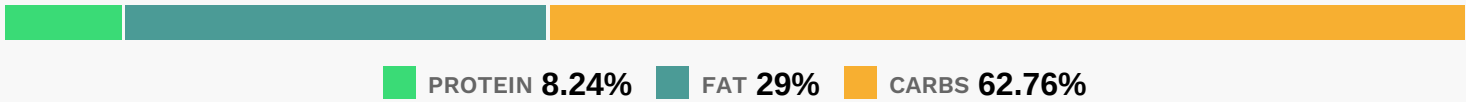
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine potatoes, 1 tablespoon oil, and next 3 ingredients (through pepper) on a pan coated with cooking spray; toss to coat.
- ☐ Bake at 450 for 20 minutes.
- ☐ Combine the olives, 1 teaspoon oil, and remaining ingredients; toss with potatoes, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:18.22, Glycemic Load:7.28, Inflammation Score:-3, Nutrition Score:5.9856521130904%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 121.23kcal (6.06%), Fat: 4.05g (6.23%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 19.72g (6.57%), Net Carbohydrates: 17.03g (6.19%), Sugar: 1.3g (1.44%), Cholesterol: 0.64mg (0.21%), Sodium: 373.8mg (16.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin C: 17.5mg (21.21%), Potassium: 510.38mg (14.58%), Vitamin B6: 0.27mg (13.66%), Fiber: 2.69g (10.75%), Manganese: 0.18mg (8.96%), Copper: 0.16mg (7.82%), Vitamin B3: 1.43mg (7.17%), Phosphorus: 69.9mg (6.99%), Magnesium: 27.73mg (6.93%), Vitamin B1: 0.1mg (6.38%), Iron: 0.98mg (5.43%), Vitamin E: 0.79mg (5.24%), Folate: 20.25µg (5.06%), Vitamin K: 4.29µg (4.09%), Vitamin B5: 0.34mg (3.42%), Zinc: 0.38mg (2.53%), Vitamin B2: 0.04mg (2.37%), Calcium: 22.07mg (2.21%), Selenium: 1.11µg (1.58%), Vitamin A: 54.57IU (1.09%)