



Roasted Potatoes with Garlic, Lemon, and Oregano



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



230 kcal

SIDE DISH

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 0.5 cup olive oil
- ☐ 1.5 teaspoons oregano dried crumbled
- ☐ 0.3 cup juice of lemon freshly squeezed
- ☐ 0.5 cup chicken stock see
- ☐ 1 teaspoon salt
- ☐ 4 garlic clove minced

- ☐ 3 pounds baking potatoes peeled cut into 1 1/2-inch cubes
- ☐ 2 tablespoons oregano fresh chopped

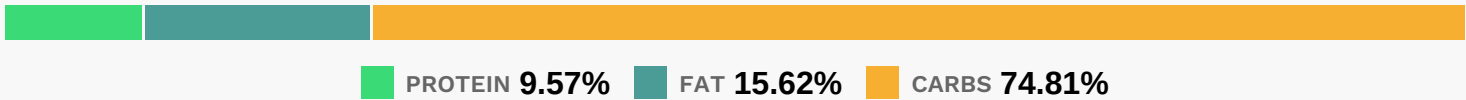
Equipment

- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place the potatoes in a single layer in a 13-x-9-inch baking dish and pour the oil over them.
- ☐ Add the garlic, dried oregano, salt and pepper to taste and toss well to coat with the oil.
- ☐ Bake the potatoes for 15 minutes.
- ☐ Add the stock, toss and bake for 10 minutes more.
- ☐ Add the lemon juice, toss and bake for 10 to 15 minutes more, or until the potatoes are cooked through. If you like, preheat the broiler and broil the potatoes for 2 to 3 minutes, or until golden brown.
- ☐ Sprinkle with the fresh oregano and serve at once.
- ☐ Dissolve 1 tablespoon tomato paste in the stock, and reduce the amount of lemon juice to taste. Substitute Aleppo pepper or crushed red pepper flakes for the black pepper.
- ☐ Reprinted with permission from The Foods of the Greek Islands, © 2000, by Aglaia Kremezi, Houghton Mifflin

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:32.46, Inflammation Score:-9, Nutrition Score:12.454782612946%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 230.15kcal (11.51%), Fat: 4.16g (6.4%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 44.84g (14.95%), Net Carbohydrates: 40.87g (14.86%), Sugar: 2.17g (2.41%), Cholesterol: 0.6mg (0.2%), Sodium: 428.63mg (18.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.47%), Vitamin B6: 0.85mg (42.43%), Potassium: 1017.47mg (29.07%), Manganese: 0.51mg (25.65%), Vitamin C: 18.89mg (22.89%), Vitamin K: 19.96µg (19.01%), Iron: 2.87mg (15.93%), Fiber: 3.98g (15.91%), Magnesium: 60.31mg (15.08%), Vitamin B3: 2.79mg (13.96%), Phosphorus: 137.65mg (13.76%), Vitamin B1: 0.2mg (13.61%), Copper: 0.27mg (13.39%), Folate: 40.67µg (10.17%), Vitamin B5: 0.73mg (7.34%), Calcium: 69.84mg (6.98%), Vitamin E: 0.97mg (6.44%), Vitamin B2: 0.11mg (6.34%), Zinc: 0.78mg (5.17%), Selenium: 1.75µg (2.5%)