



Roasted Potatoes with Grape Mincemeat



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 10 servings grape mincemeat
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons parsley minced
- ☐ 2 pounds thin-skinned potatoes red each

Equipment

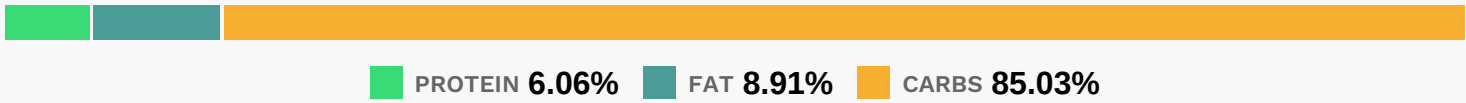
- ☐ bowl
- ☐ frying pan
- ☐ oven

☐ microwave

Directions

- ☐ Scrub potatoes and cut each in half. With a melon-baller or a spoon, scoop out a well in each potato half, leaving a shell 1/4 to 1/2 inch thick. Reserve scooped-out potato for other uses.
- ☐ Lightly oil a 10- by 15-inch pan. Arrange potatoes in a single layer, cut sides up, in pan.
- ☐ Brush lightly with 1 tablespoon olive oil total.
- ☐ Bake in a 400 oven for 20 minutes, then turn potatoes over and bake until cut sides are lightly browned, 5 to 10 minutes longer.
- ☐ Meanwhile, heat mincemeat in a microwave-safe bowl in a microwave oven at full power (100%) until hot, about 1 minute, stirring once.
- ☐ Spoon mincemeat equally into potatoes.
- ☐ Sprinkle with parsley.
- ☐ Serve hot, warm, or at room temperature.

Nutrition Facts



Properties

Glycemic Index:7.8, Glycemic Load:9.98, Inflammation Score:-3, Nutrition Score:8.3139130784118%

Flavonoids

Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 163.25kcal (8.16%), Fat: 1.74g (2.67%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 37.31g (12.44%), Net Carbohydrates: 34.59g (12.58%), Sugar: 20.71g (23.01%), Cholesterol: 0mg (0%), Sodium: 19.55mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.31%), Vitamin K: 41.55µg (39.57%), Potassium: 660.09mg (18.86%), Vitamin C: 13.43mg (16.28%), Copper: 0.28mg (14.17%), Vitamin B6: 0.26mg (13.18%), Manganese: 0.22mg (10.96%), Fiber: 2.72g (10.86%), Vitamin B1: 0.16mg (10.76%), Phosphorus: 81.23mg (8.12%), Magnesium: 29.38mg (7.34%), Vitamin B2: 0.12mg (6.91%), Iron: 1.2mg (6.66%), Vitamin B3: 1.29mg (6.47%), Folate: 20.67µg (5.17%), Vitamin A: 190.6IU (3.81%), Vitamin B5: 0.32mg (3.21%), Vitamin E: 0.46mg (3.06%), Zinc: 0.4mg (2.67%), Calcium:

23.34mg (2.33%)