



Roasted Potatoes with Greens



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



2

CALORIES



467 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 6 small potatoes red quartered
- ☐ 2 servings sea salt and ground pepper black to taste
- ☐ 1 cup spinach leaves fresh

Equipment

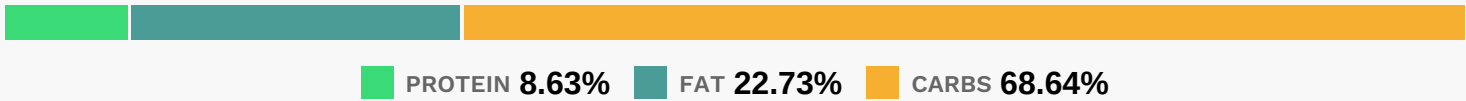
- ☐ frying pan

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ Place the potatoes in a single layer in a ceramic casserole dish. Melt the butter in a skillet over medium heat.
- ☐ Add garlic, and cook until golden. Stir in the rosemary, and cook just until fragrant.
- ☐ Pour over the potatoes in the dish. Season with sea salt and pepper.
- ☐ Roast uncovered for about 30 minutes in the preheated oven, until the potatoes are fork tender.
- ☐ Remove from the oven, and toss with the spinach leaves. Return to the oven for 1 to 2 minutes, until the spinach has wilted.

Nutrition Facts



Properties

Glycemic Index:72, Glycemic Load:0.36, Inflammation Score:-9, Nutrition Score:28.21217399706%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg, Quercetin: 3.96mg

Nutrients (% of daily need)

Calories: 466.86kcal (23.34%), Fat: 12.2g (18.77%), Saturated Fat: 7.42g (46.35%), Carbohydrates: 82.91g (27.64%), Net Carbohydrates: 73.68g (26.79%), Sugar: 6.68g (7.42%), Cholesterol: 30.1mg (10.03%), Sodium: 194.46mg (8.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.84%), Vitamin K: 88.43µg (84.22%), Potassium: 2427.6mg (69.36%), Vitamin C: 49.23mg (59.67%), Vitamin B6: 0.94mg (46.88%), Manganese: 0.93mg (46.31%), Fiber: 9.23g (36.92%), Vitamin A: 1822.17IU (36.44%), Copper: 0.72mg (35.81%), Phosphorus: 327.22mg (32.72%), Magnesium: 126.16mg (31.54%), Folate: 122.52µg (30.63%), Vitamin B3: 6.01mg (30.03%), Vitamin B1: 0.43mg (28.8%), Iron: 4.26mg (23.66%), Vitamin B5: 1.48mg (14.75%), Zinc: 1.82mg (12.14%), Vitamin B2: 0.2mg

(11.54%), Calcium: 78.25mg (7.83%), Selenium: 3.27µg (4.67%), Vitamin E: 0.68mg (4.56%)