



Roasted Potatoes with Mint and Parsley



Vegetarian



Gluten Free



Low Fod Map

READY IN



42 min.

SERVINGS



6

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons butter melted
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 3 tablespoons parsley fresh finely chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds yukon gold potatoes cubed

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Place potato on a jelly roll pan coated with cooking spray.
- ☐ Bake at 425 for 30 minutes or until tender, stirring occasionally.
- ☐ Transfer potato to a large bowl.
- ☐ Add butter and remaining 4 ingredients; toss well.

Nutrition Facts



Properties

Glycemic Index:32.96, Glycemic Load:19.37, Inflammation Score:-5, Nutrition Score:9.6530435274801%

Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 130.47kcal (6.52%), Fat: 1.52g (2.34%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 26.84g (8.95%), Net Carbohydrates: 23.3g (8.47%), Sugar: 1.2g (1.33%), Cholesterol: 3.58mg (1.19%), Sodium: 215.23mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.4%), Vitamin C: 32.98mg (39.97%), Vitamin K: 35.93µg (34.22%), Vitamin B6: 0.45mg (22.51%), Potassium: 658.65mg (18.82%), Fiber: 3.55g (14.19%), Manganese: 0.27mg (13.26%), Magnesium: 37.29mg (9.32%), Phosphorus: 89.09mg (8.91%), Copper: 0.17mg (8.65%), Vitamin B1: 0.12mg (8.28%), Vitamin B3: 1.65mg (8.25%), Iron: 1.4mg (7.77%), Folate: 29.2µg (7.3%), Vitamin A: 284.41IU (5.69%), Vitamin B5: 0.46mg (4.64%), Vitamin B2: 0.06mg (3.26%), Zinc: 0.48mg (3.21%), Calcium: 25.84mg (2.58%)