



Roasted Potatoes with Tangy Watercress Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



194 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1.5 cups yogurt plain fat-free
- ☐ 3 tablespoons basil fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.3 cup green onions chopped

- ☐ 0.3 cup mayonnaise light
- ☐ 1.5 tablespoons olive oil
- ☐ 3 pounds potatoes red quartered
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1 cup watercress trimmed

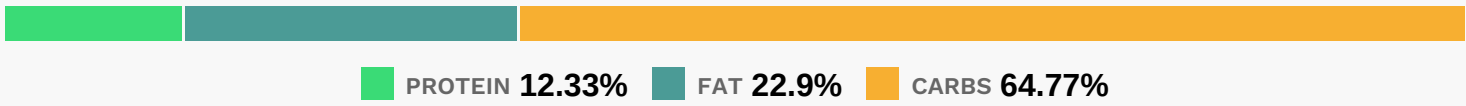
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ roasting pan

Directions

- ☐ Preheat oven to 45
- ☐ To prepare sauce, place first 9 ingredients in a food processor or blender; process until smooth, scraping sides. Cover and chill.
- ☐ To prepare potatoes, combine potatoes, oil, pepper, and salt in a jelly roll pan or shallow roasting pan coated with cooking spray, tossing to coat.
- ☐ Bake at 450 for 35 minutes or until tender, stirring occasionally.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:11.353043411089%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg,

Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 193.54kcal (9.68%), Fat: 5.05g (7.77%), Saturated Fat: 0.81g (5.03%), Carbohydrates: 32.12g (10.71%), Net Carbohydrates: 28.99g (10.54%), Sugar: 6.23g (6.93%), Cholesterol: 2.41mg (0.8%), Sodium: 363.91mg (15.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.23%), Vitamin K: 32.28µg (30.75%), Potassium: 926.9mg (26.48%), Vitamin C: 17.79mg (21.56%), Phosphorus: 182.43mg (18.24%), Vitamin B6: 0.32mg (16.19%), Manganese: 0.31mg (15.57%), Copper: 0.25mg (12.57%), Fiber: 3.13g (12.51%), Magnesium: 49.4mg (12.35%), Calcium: 120.76mg (12.08%), Vitamin B1: 0.17mg (11.15%), Vitamin B3: 2.06mg (10.29%), Folate: 40.16µg (10.04%), Vitamin B2: 0.17mg (10.03%), Iron: 1.45mg (8.08%), Vitamin B5: 0.8mg (7.98%), Zinc: 1.05mg (6.98%), Vitamin A: 256.08IU (5.12%), Vitamin B12: 0.28µg (4.67%), Vitamin E: 0.67mg (4.45%), Selenium: 2.82µg (4.03%)