



WHATSheATE



Roasted Potatoes with Tomatoes, Basil, and Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



133 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons olive oil extra virgin
- ☐ 0.8 cup basil fresh chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 3 cloves garlic pressed
- ☐ 2 pounds potatoes red chopped
- ☐ 1.5 cups tomatoes fresh chopped

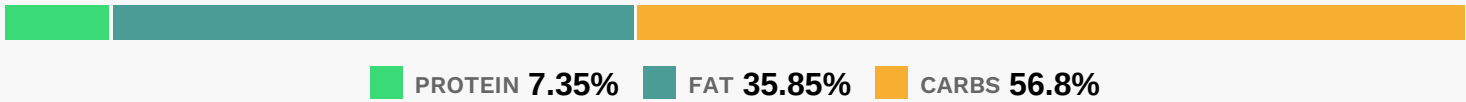
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In the prepared baking dish, toss the potatoes, tomatoes, basil, and garlic with the olive oil.
- ☐ Sprinkle with the rosemary.
- ☐ Bake 20 to 30 minutes in the preheated oven, turning occasionally, until tender.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:6.9982607571975%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 133.03kcal (6.65%), Fat: 5.49g (8.44%), Saturated Fat: 0.77g (4.84%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 17.23g (6.26%), Sugar: 2.22g (2.46%), Cholesterol: 0mg (0%), Sodium: 22.2mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.06%), Vitamin C: 14.34mg (17.38%), Vitamin K: 18.01µg (17.15%), Potassium: 593.46mg (16.96%), Manganese: 0.24mg (11.83%), Vitamin B6: 0.23mg (11.63%), Fiber: 2.32g (9.3%), Copper: 0.18mg (9.03%), Phosphorus: 78.87mg (7.89%), Vitamin B3: 1.5mg (7.49%), Magnesium: 29.75mg (7.44%), Vitamin A: 359.81IU (7.2%), Vitamin B1: 0.11mg (7.01%), Folate: 26.18µg (6.54%), Vitamin E: 0.94mg (6.25%), Iron: 1.02mg (5.69%), Vitamin B5: 0.35mg (3.53%), Zinc: 0.45mg (3.02%), Vitamin B2: 0.04mg (2.55%), Calcium: 20.24mg (2.02%), Selenium: 0.73µg (1.05%)