



Roasted Red New Potatoes with Sweet Paprika Butter and Parsley



Vegetarian



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



266 kcal

SIDE DISH

Ingredients

- ☐ 0.5 stick butter
- ☐ 3 pounds new potatoes red
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup parsley leaves chopped
- ☐ 6 servings salt and pepper
- ☐ 2 teaspoons paprika sweet

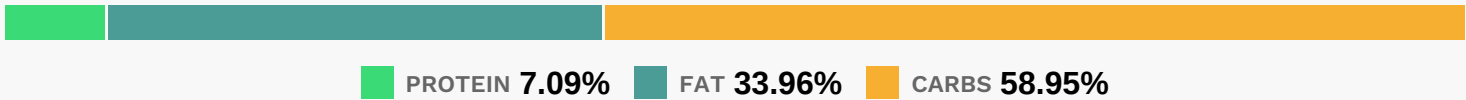
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 450 degrees F.
- ☐ Sort potatoes. Potatoes that are 2 inches or less in diameter can be left whole. Halve remaining potatoes. Coat very lightly with a drizzle of extra virgin olive oil and roast potatoes 20 to 25 minutes, until just tender.
- ☐ Transfer potatoes from the oven to a bowl.
- ☐ Sprinkle in parsley and season the potatoes with salt and pepper. Toss the potatoes with butter and paprika to coat evenly. Adjust salt and pepper, to your taste, and serve.

Nutrition Facts



Properties

Glycemic Index:30.13, Glycemic Load:29.05, Inflammation Score:-7, Nutrition Score:14.558695727068%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 265.56kcal (13.28%), Fat: 10.28g (15.82%), Saturated Fat: 5.24g (32.74%), Carbohydrates: 40.15g (13.38%), Net Carbohydrates: 34.84g (12.67%), Sugar: 1.86g (2.07%), Cholesterol: 20.25mg (6.75%), Sodium: 269.85mg (11.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Vitamin C: 48.01mg (58.19%), Vitamin K: 47.91µg (45.63%), Vitamin B6: 0.69mg (34.29%), Potassium: 986.19mg (28.18%), Fiber: 5.3g (21.22%), Manganese: 0.36mg (18.1%), Vitamin A: 778.82IU (15.58%), Magnesium: 54.79mg (13.7%), Phosphorus: 135.08mg (13.51%), Copper: 0.25mg (12.68%), Vitamin B3: 2.49mg (12.47%), Vitamin B1: 0.19mg (12.42%), Iron: 2.08mg (11.56%), Folate: 40.7µg (10.17%), Vitamin B5: 0.71mg (7.08%), Vitamin E: 0.79mg (5.27%), Vitamin B2: 0.09mg (5.08%), Zinc: 0.72mg (4.82%), Calcium: 34.6mg (3.46%), Selenium: 0.82µg (1.17%)