



Roasted Red Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



352 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons canola oil
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 2 cloves garlic smashed
- ☐ 2 servings olive oil extra-virgin
- ☐ 6 to 8 new potatoes quartered cut in half or , depending on size
- ☐ 2 servings salt and pepper freshly ground

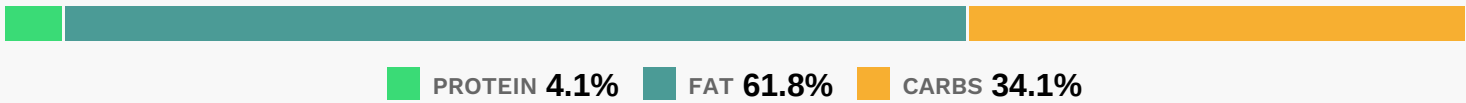
Equipment

☐ oven

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Toss the potatoes with the canola oil, garlic paste and salt and pepper to taste.
- ☐ Place on a sheet tray and roast until cooked through and golden brown, 25 to 30 minutes.
- ☐ Remove from the oven and immediately fold in the herbs. Re-season if needed and drizzle with olive oil to finish.

Nutrition Facts



Properties

Glycemic Index:101.88, Glycemic Load:21.82, Inflammation Score:-8, Nutrition Score:11.146087040072%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg, Kaempferol: 1.5mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 351.87kcal (17.59%), Fat: 24.69g (37.99%), Saturated Fat: 2.76g (17.24%), Carbohydrates: 30.65g (10.22%), Net Carbohydrates: 26.72g (9.71%), Sugar: 1.37g (1.52%), Cholesterol: 0mg (0%), Sodium: 204.79mg (8.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Vitamin C: 36.5mg (44.25%), Vitamin B6: 0.54mg (26.92%), Vitamin E: 3.88mg (25.84%), Vitamin K: 22.35µg (21.29%), Potassium: 730.02mg (20.86%), Manganese: 0.33mg (16.52%), Fiber: 3.94g (15.75%), Magnesium: 41.63mg (10.41%), Phosphorus: 102.28mg (10.23%), Copper: 0.2mg (9.92%), Vitamin B1: 0.14mg (9.47%), Iron: 1.64mg (9.11%), Vitamin B3: 1.82mg (9.1%), Folate: 29µg (7.25%), Vitamin B5: 0.52mg (5.24%), Vitamin B2: 0.06mg (3.73%), Zinc: 0.55mg (3.66%), Calcium: 31.28mg (3.13%), Vitamin A: 116.43IU (2.33%), Selenium: 0.94µg (1.35%)