



Roasted Red Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



180 kcal

SIDE DISH

Ingredients



2 tablespoons spring onion sliced



1.5 lb potatoes - remove skin red



2 tablespoons vegetable oil

Equipment



frying pan

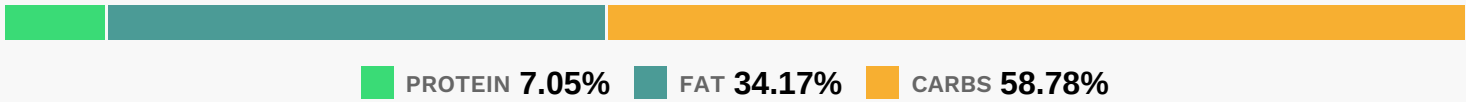


oven

Directions

- ☐ Heat oven to 350F. In ungreased 8- or 9-inch square pan or 13x9-inch pan, place potatoes.
- ☐ Drizzle oil over potatoes; turn potatoes so all sides are coated.
- ☐ Sprinkle onions and rosemary over potatoes; stir.
- ☐ Roast uncovered about 1 hour 15 minutes, stirring occasionally, until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:8.158695726291%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 180.14kcal (9.01%), Fat: 7.04g (10.84%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 24.3g (8.83%), Sugar: 2.26g (2.52%), Cholesterol: 0mg (0%), Sodium: 31.1mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin K: 23.65µg (22.52%), Potassium: 782.22mg (22.35%), Vitamin C: 15.19mg (18.41%), Vitamin B6: 0.29mg (14.55%), Manganese: 0.24mg (12.23%), Fiber: 2.97g (11.88%), Copper: 0.23mg (11.52%), Phosphorus: 104.87mg (10.49%), Vitamin B3: 1.97mg (9.85%), Magnesium: 38.02mg (9.51%), Vitamin B1: 0.14mg (9.3%), Folate: 32.54µg (8.13%), Iron: 1.29mg (7.15%), Vitamin B5: 0.48mg (4.77%), Vitamin E: 0.59mg (3.93%), Zinc: 0.57mg (3.82%), Vitamin B2: 0.06mg (3.24%), Calcium: 19.17mg (1.92%), Selenium: 0.87µg (1.24%)