



## Roasted Red Potatoes with Mustard Vinaigrette

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



194 kcal

SIDE DISH

### Ingredients

- 2 tablespoons parsley fresh roughly chopped
- 4 cloves garlic crushed peeled
- 1 tablespoon grainy mustard
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil
- 1.5 pounds potatoes red cubed scrubbed
- 1 shallots finely chopped

1 tablespoon citrus champagne vinegar

## Equipment

baking sheet

oven

whisk

## Directions

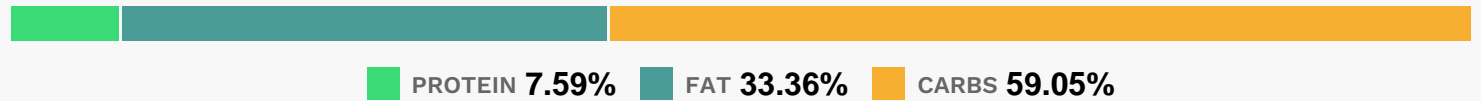
For the potatoes: Preheat the oven to 400 degrees F.

Add the potatoes and garlic to a baking sheet, drizzle with the oil, tossing to coat, and sprinkle with salt and pepper. Roast the potatoes until crisp and golden brown on the outside and tender on the inside, about 45 minutes, flipping halfway through.

Whisk together the oil, mustard, white wine vinegar, parsley and shallots. Season with salt and pepper.

Toss the still-hot potatoes with the vinaigrette and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:39, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:10.411739007286%

## Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

## Nutrients (% of daily need)

Calories: 193.89kcal (9.69%), Fat: 7.41g (11.39%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 29.49g (9.83%), Net Carbohydrates: 26.08g (9.48%), Sugar: 2.79g (3.1%), Cholesterol: 0mg (0%), Sodium: 74.71mg (3.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.59%), Vitamin K: 42.27µg (40.26%), Potassium: 826.41mg (23.61%), Vitamin C: 18.76mg (22.74%), Vitamin B6: 0.35mg (17.63%), Manganese: 0.34mg (17.08%), Fiber: 3.41g (13.63%), Copper: 0.25mg (12.49%), Phosphorus: 117.77mg (11.78%), Magnesium: 42.6mg (10.65%), Vitamin B1: 0.16mg

(10.43%), Vitamin B3: 2.04mg (10.18%), Folate: 36.15µg (9.04%), Iron: 1.62mg (8.98%), Vitamin E: 1.06mg (7.06%),  
Vitamin B5: 0.53mg (5.31%), Zinc: 0.67mg (4.46%), Selenium: 2.63µg (3.76%), Vitamin A: 184.12IU (3.68%), Vitamin  
B2: 0.06mg (3.64%), Calcium: 30.61mg (3.06%)