



Roasted Rosemary Fingerling Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



42 min.

SERVINGS



10

CALORIES



100 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 6 cups fingerling potatoes halved lengthwise
- ☐ 2 teaspoons chives fresh minced
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 3 shallots thinly sliced

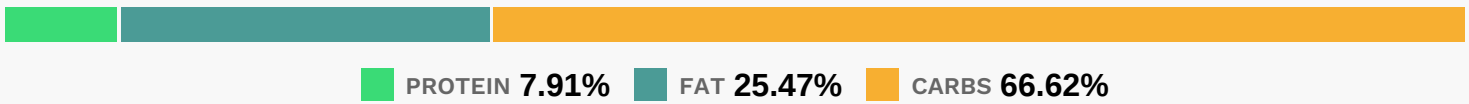
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425
- ☐ Combine first 6 ingredients in a large bowl, tossing to coat. Arrange potato mixture on a foil-lined jelly-roll pan coated with cooking spray.
- ☐ Bake at 425 for 27 minutes or until potatoes are tender, turning after 15 minutes.
- ☐ Sprinkle evenly with chives.

Nutrition Facts



Properties

Glycemic Index:19.08, Glycemic Load:11.83, Inflammation Score:-3, Nutrition Score:5.1226086914539%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 100.03kcal (5%), Fat: 2.9g (4.47%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 17.1g (5.7%), Net Carbohydrates: 14.82g (5.39%), Sugar: 1.3g (1.44%), Cholesterol: 0mg (0%), Sodium: 180.85mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin C: 18.49mg (22.41%), Vitamin B6: 0.29mg (14.63%), Potassium: 407.27mg (11.64%), Fiber: 2.28g (9.11%), Manganese: 0.18mg (8.77%), Magnesium: 22.72mg (5.68%), Phosphorus: 56.21mg (5.62%), Copper: 0.11mg (5.31%), Vitamin B1: 0.08mg (5.12%), Vitamin B3: 0.97mg (4.84%), Iron: 0.84mg (4.64%), Folate: 17.4µg (4.35%), Vitamin K: 4.05µg (3.85%), Vitamin B5: 0.29mg (2.92%), Vitamin E: 0.42mg (2.78%), Zinc: 0.3mg (1.97%), Vitamin B2: 0.03mg (1.82%), Calcium: 14.97mg (1.5%)