



Roasted Rosemary Onion Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

Ingredients

- 2 tablespoons rosemary fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 0.1 teaspoon ground pepper black
- 1 small onion finely chopped
- 1.3 pounds potatoes cut into 1-inch chunks
- 0.3 teaspoon salt
- 2 tablespoons vegetable oil

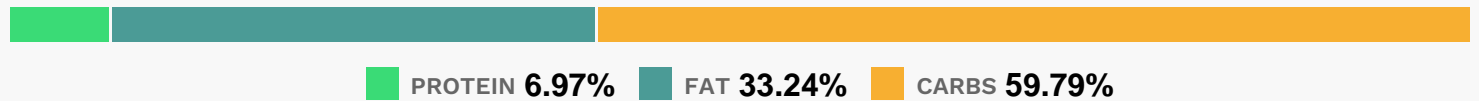
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 450 degrees F (230 degrees C). Grease a large baking sheet with a rim.
- Mix onion, vegetable oil, rosemary, thyme, salt, and pepper in a large bowl; add potato pieces and toss to coat.
- Spread potatoes into prepared pan in a single layer.
- Bake, turning occasionally, until potatoes are lightly browned and tender when pierced with a fork, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:46.94, Glycemic Load:19.73, Inflammation Score:-7, Nutrition Score:8.9247826130494%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 185.51kcal (9.28%), Fat: 7.02g (10.8%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 28.42g (9.47%), Net Carbohydrates: 24.57g (8.93%), Sugar: 1.92g (2.14%), Cholesterol: 0mg (0%), Sodium: 155.43mg (6.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.63%), Vitamin C: 32.1mg (38.91%), Vitamin B6: 0.47mg (23.62%), Potassium: 672.68mg (19.22%), Fiber: 3.85g (15.4%), Vitamin K: 15.55µg (14.81%), Manganese: 0.28mg (14.02%), Magnesium: 38.35mg (9.59%), Phosphorus: 92.55mg (9.25%), Copper: 0.18mg (8.84%), Vitamin B1: 0.13mg (8.65%), Vitamin B3: 1.63mg (8.16%), Iron: 1.38mg (7.66%), Folate: 28.84µg (7.21%), Vitamin B5: 0.48mg (4.8%), Vitamin E: 0.58mg (3.84%), Vitamin B2: 0.06mg (3.36%), Zinc: 0.49mg (3.25%), Calcium: 27.73mg (2.77%), Vitamin A: 56.71IU (1.13%)