



Roasted Rosemary-Onion Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 1.3 pounds potatoes
- ☐ 0.3 cup onion finely chopped
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons rosemary leaves dried fresh chopped
- ☐ 1 teaspoon thyme sprigs dried fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper

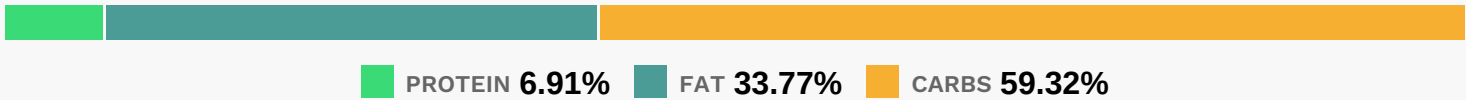
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F. Grease jelly roll pan, 15 1/2x10 1/2x1 inch.
- ☐ Cut potatoes into 1-inch chunks.
- ☐ Mix remaining ingredients in large bowl.
- ☐ Add potatoes; toss to coat.
- ☐ Spread potatoes in single layer in pan.
- ☐ Bake uncovered 20 to 25 minutes, turning occasionally, until potatoes are light brown and tender when pierced with fork.

Nutrition Facts



Properties

Glycemic Index:46.94, Glycemic Load:19.57, Inflammation Score:-7, Nutrition Score:8.7404348280119%

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: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 182.51kcal (9.13%), Fat: 7.02g (10.79%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 23.99g (8.73%), Sugar: 1.6g (1.78%), Cholesterol: 0mg (0%), Sodium: 155.13mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin C: 31.54mg (38.24%), Vitamin B6: 0.46mg (23.17%), Potassium: 661.73mg (18.91%), Fiber: 3.72g (14.89%), Vitamin K: 15.52µg (14.78%), Manganese: 0.27mg (13.54%), Magnesium: 37.6mg (9.4%), Phosphorus: 90.37mg (9.04%), Copper: 0.17mg (8.7%), Vitamin B1: 0.13mg (8.42%), Vitamin B3: 1.62mg (8.12%), Iron: 1.36mg (7.57%), Folate: 27.42µg (6.85%), Vitamin B5: 0.47mg (4.71%), Vitamin E: 0.57mg (3.83%), Vitamin B2: 0.06mg (3.24%), Zinc: 0.47mg (3.17%), Calcium: 26.01mg (2.6%), Vitamin A: 56.56IU (1.13%)