



Roasted Rosemary Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 0.3 cup wine dry white
- ☐ 4 garlic clove smashed
- ☐ 0.3 cup kosher salt plus more
- ☐ 2 tablespoons olive oil
- ☐ 6 small sprigs rosemary
- ☐ 3 pounds potato peeled cut into 3/4" wedges (such as Yukon Gold; 5)
- ☐ 1 cup vinegar white

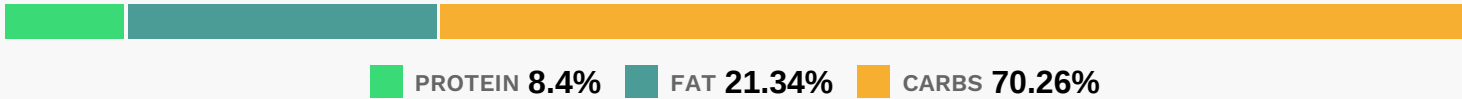
Equipment

☐ oven

Directions

- ☐ Preheat oven to 400°. Bring vinegar, 1/4 cupsalt, and 4 quarts water to a boil in a largepot.
- ☐ Add potatoes and cook until crisp–tender,about 5 minutes; drain.
- ☐ Transfer potatoes to a large rimmedbaking sheet and toss with garlic, rosemary,wine, and oil; season with salt and pepper.Roast potatoes, tossing occasionally, untilcompletely tender and just beginning tobrown, 35–45 minutes.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:7.7760869549668%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 164.63kcal (8.23%), Fat: 3.76g (5.79%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 27.86g (9.29%), Net Carbohydrates: 24.88g (9.05%), Sugar: 2.29g (2.55%), Cholesterol: 0mg (0%), Sodium: 3568.68mg (155.16%), Alcohol: 0.77g (100%), Alcohol %: 0.44% (100%), Protein: 3.33g (6.66%), Potassium: 788.73mg (22.54%), Vitamin C: 15.14mg (18.35%), Manganese: 0.31mg (15.73%), Vitamin B6: 0.31mg (15.66%), Copper: 0.24mg (11.96%), Fiber: 2.98g (11.92%), Phosphorus: 108.89mg (10.89%), Vitamin B3: 1.97mg (9.87%), Magnesium: 39.29mg (9.82%), Vitamin B1: 0.14mg (9.44%), Folate: 30.98µg (7.75%), Iron: 1.38mg (7.66%), Vitamin K: 7.26µg (6.91%), Vitamin B5: 0.49mg (4.88%), Zinc: 0.6mg (4.02%), Vitamin E: 0.52mg (3.49%), Vitamin B2: 0.06mg (3.29%), Calcium: 25.94mg (2.59%), Selenium: 1.25µg (1.78%)