



Roasted Sweet and White Potatoes with Hazelnuts



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



301 kcal

SIDE DISH

Ingredients

- ☐ 12 cloves garlic peeled
- ☐ 0.8 cup hazelnuts coarsely chopped
- ☐ 6 tablespoons olive oil melted
- ☐ 3 pounds russet potatoes
- ☐ 12 servings salt
- ☐ 3 pounds sweet potatoes

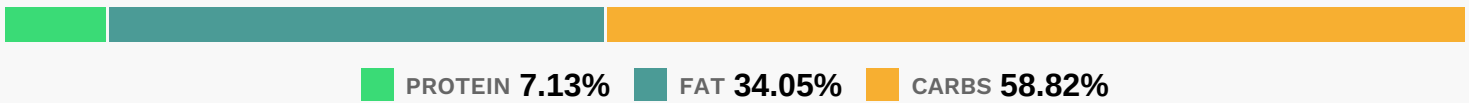
Equipment

- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Rinse and peel sweet potatoes and russet potatoes.
- ☐ Cut potatoes into 1-inch chunks. Put in a 2-inch-deep 12- by 17-inch pan.
- ☐ Add garlic and 1/4 cup melted butter.
- ☐ Bake in a 475 oven for 45 minutes, turning vegetables with a wide spatula every 15 to 20 minutes or so. Then stir in hazelnuts.
- ☐ Continue to bake potatoes until they are very tender when pierced and their edges are well browned, about 20 minutes (30 minutes if cool); occasionally turn pieces with wide spatula. Stir in remaining 2 tablespoons melted butter.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:15.65, Glycemic Load:27.73, Inflammation Score:-10, Nutrition Score:17.627391410911%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 300.56kcal (15.03%), Fat: 11.72g (18.03%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 45.55g (15.18%), Net Carbohydrates: 39.89g (14.5%), Sugar: 5.8g (6.44%), Cholesterol: 0mg (0%), Sodium: 262.48mg (11.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.05%), Vitamin A: 16090.69IU (321.81%), Manganese:

0.98mg (49.22%), Vitamin B6: 0.71mg (35.38%), Potassium: 918.16mg (26.23%), Fiber: 5.67g (22.67%), Copper: 0.43mg (21.31%), Magnesium: 67.41mg (16.85%), Vitamin E: 2.44mg (16.28%), Vitamin B1: 0.24mg (15.71%), Phosphorus: 142.01mg (14.2%), Vitamin B5: 1.34mg (13.35%), Vitamin C: 10.59mg (12.84%), Iron: 2.11mg (11.73%), Vitamin B3: 1.96mg (9.81%), Folate: 36.91µg (9.23%), Vitamin K: 9.41µg (8.96%), Vitamin B2: 0.12mg (6.96%), Calcium: 62.93mg (6.29%), Zinc: 0.89mg (5.92%), Selenium: 1.74µg (2.49%)