



Roasted Variegated Potatoes With Garlic and Rosemary



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound fingerling potatoes
- ☐ 1 tablespoon rosemary leaves fresh chopped
- ☐ 1 garlic clove whole
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 pound potatoes yellow
- ☐ 0.3 teaspoon salt

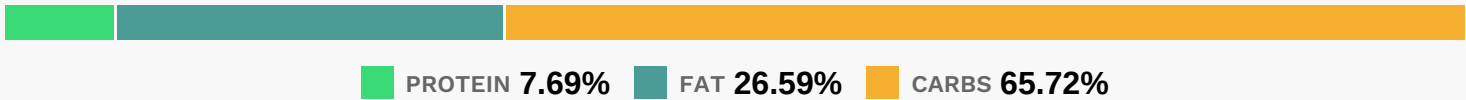
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Remove white papery skin from garlic head (do not peel or separate cloves).
- ☐ Place potatoes and garlic in a saucepan. Cover with water; bring to a boil.
- ☐ Drain immediately; pat dry.
- ☐ Combine the chopped rosemary, oil, salt, and pepper in a large bowl; add potatoes, tossing to coat. Arrange potatoes and garlic on a jelly-roll pan.
- ☐ Bake at 425 for 30 minutes or until tender, stirring occasionally. Separate the garlic head into cloves, and discard skins; serve with potatoes.
- ☐ Garnish with rosemary sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:57.38, Glycemic Load:14.59, Inflammation Score:-3, Nutrition Score:6.0821739163088%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 120.34kcal (6.02%), Fat: 3.64g (5.6%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 20.24g (6.75%), Net Carbohydrates: 17.63g (6.41%), Sugar: 0.89g (0.99%), Cholesterol: 0mg (0%), Sodium: 152.5mg (6.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin C: 22.68mg (27.49%), Vitamin B6: 0.35mg (17.29%), Potassium: 485.48mg (13.87%), Fiber: 2.61g (10.45%), Manganese: 0.21mg (10.36%), Magnesium: 26.94mg (6.74%), Phosphorus: 66.31mg (6.63%), Copper: 0.13mg (6.4%), Vitamin B1: 0.09mg (6.17%), Vitamin B3: 1.21mg (6.03%), Iron: 0.96mg (5.35%), Folate: 18.73µg (4.68%), Vitamin K: 4.48µg (4.27%), Vitamin B5: 0.35mg (3.46%), Vitamin E: 0.52mg (3.45%), Zinc: 0.34mg (2.29%), Vitamin B2: 0.04mg (2.24%), Calcium: 17.23mg (1.72%)