



## Roasted Vegetable Loaded Potatoes

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



102 kcal

SIDE DISH

### Ingredients

- 2 cups brussels sprouts fresh sliced
- 3 cups cauliflower fresh chopped
- 0.3 cup golden raisins
- 0.5 teaspoon kosher salt
- 2 tablespoons beer italian
- 1 tablespoon olive oil
- 0.5 teaspoon pepper freshly ground
- 6 servings potatoes

- 0.5 medium size onion red sliced
- 0.3 cup walnuts toasted chopped

## Equipment

- frying pan
- oven

## Directions

- Preheat oven to 400
- Toss together first 6 ingredients on a lightly greased 15- x 10-inch jelly-roll pan.
- Prepare potatoes as directed.
- Bake cauliflower mixture, with potatoes, 25 minutes or until cauliflower is brown, stirring once. Toss with raisins, walnuts, and vinaigrette. Spoon over potatoes.
- TRY THESE TWISTS
- COUNTRY HAM and CHEESE: Cook 1/2 cup chopped country ham in 1 tsp. hot vegetable oil in a small skillet over medium heat, stirring often, 5 to 7 minutes or until browned. (You can also use Canadian bacon.) Divide ham, 1/2 cup (2 oz.) shredded 2% reduced-fat Cheddar cheese, 1/4 cup light sour cream, and 3 Tbsp. chopped fresh chives among Basic Baked Potatoes. (Per serving: Calories 231; Fat 6g)
- SPINACH and MUSHROOM: Cook 1 (8-oz.) package sliced baby portobello mushrooms; 2 garlic cloves, minced; 1 (6-oz.) package fresh baby spinach; and 1/4 tsp. each salt and pepper in 2 Tbsp. hot olive oil in a large skillet, stirring often, 5 minutes. Stir in 1/4 cup toasted pine nuts, 1/2 cup crumbled reduced-fat feta cheese, and 2 Tbsp. bottled balsamic glaze. Serve over Basic Baked Potatoes. (Per serving: Calories 282; Fat 10g)
- HAWAIIAN STYLE: Cook 1 cup chopped cooked ham and 1/2 cup each chopped red bell pepper, fresh pineapple, and green onions in 1 tsp. hot vegetable oil in a large skillet, stirring constantly, 6 minutes or until tender. Stir in 2 Tbsp. each hoisin sauce and water. Serve over Basic Baked Potatoes. Sprinkle with 2 tsp. toasted sesame seeds. (Per serving: Calories 243; Fat 5g)

# Nutrition Facts

PROTEIN 10.94% FAT 46.7% CARBS 42.36%

## Properties

Glycemic Index:47.24, Glycemic Load:3.95, Inflammation Score:-5, Nutrition Score:10.737391405293%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

## Nutrients (% of daily need)

Calories: 102.17kcal (5.11%), Fat: 5.78g (8.9%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 11.8g (3.93%), Net Carbohydrates: 8.9g (3.24%), Sugar: 5.71g (6.34%), Cholesterol: 0mg (0%), Sodium: 217.65mg (9.46%), Alcohol: 0.16g (100%), Alcohol %: 0.18% (100%), Protein: 3.05g (6.1%), Vitamin C: 50.17mg (60.81%), Vitamin K: 61.75µg (58.81%), Manganese: 0.4mg (19.84%), Folate: 53.58µg (13.4%), Fiber: 2.9g (11.61%), Vitamin B6: 0.22mg (10.9%), Potassium: 351.1mg (10.03%), Copper: 0.15mg (7.34%), Phosphorus: 70.15mg (7.01%), Magnesium: 25.75mg (6.44%), Vitamin B1: 0.09mg (5.89%), Iron: 0.93mg (5.17%), Vitamin B5: 0.48mg (4.78%), Vitamin B2: 0.08mg (4.65%), Vitamin E: 0.68mg (4.53%), Vitamin A: 223.26IU (4.47%), Calcium: 34.61mg (3.46%), Vitamin B3: 0.64mg (3.19%), Zinc: 0.45mg (3%), Selenium: 1.13µg (1.61%)