



Rock Salt-Roasted Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



239 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black freshly ground
- 3 tablespoons olive oil extravirgin
- 1 tablespoon thyme leaves fresh chopped
- 3 pounds potatoes (24)
- 4 pound coarse food-grade rock salt

Equipment

- bowl
- oven

roasting pan

Directions

Preheat oven to 35

Place 1/2-inch layer of rock salt in bottom of a shallow roasting pan. Arrange potatoes in a single layer on top of salt; pour remaining rock salt around and over potatoes.

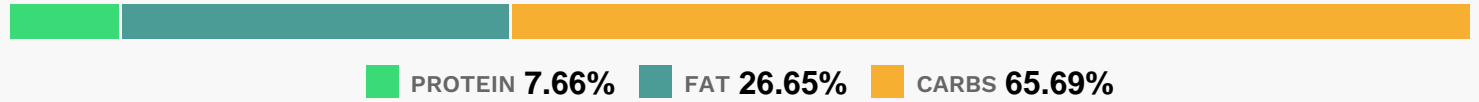
Bake at 350 for 50 minutes or until tender.

Remove from oven; let stand 10 minutes. Rub excess salt from potatoes.

Combine thyme, oil, and pepper in a bowl.

Add potatoes; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:26.79, Glycemic Load:29.1, Inflammation Score:-8, Nutrition Score:13.782173794249%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 238.53kcal (11.93%), Fat: 7.23g (11.13%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 40.12g (13.37%), Net Carbohydrates: 34.88g (12.68%), Sugar: 1.77g (1.97%), Cholesterol: 0mg (0%), Sodium: 117216.14mg (5096.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.36%), Vitamin C: 46.55mg (56.42%), Manganese: 0.71mg (35.6%), Vitamin B6: 0.67mg (33.7%), Potassium: 990.61mg (28.3%), Fiber: 5.24g (20.95%), Copper: 0.35mg (17.33%), Iron: 3.04mg (16.9%), Magnesium: 57.62mg (14.41%), Phosphorus: 131.04mg (13.1%), Vitamin B1: 0.18mg (12.16%), Vitamin B3: 2.42mg (12.08%), Calcium: 106.06mg (10.61%), Folate: 36.87µg (9.22%), Vitamin K: 9.07µg (8.64%), Vitamin E: 1.03mg (6.89%), Vitamin B5: 0.68mg (6.81%), Zinc: 0.99mg (6.57%), Vitamin B2: 0.08mg (4.63%), Selenium: 1µg (1.43%), Vitamin A: 61.79IU (1.24%)