



Rosemary and Garlic Roasted Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



289 kcal

SIDE DISH

Ingredients

- 5 medium garlic clove smashed
- 1 pound baby potatoes white red
- 4 tablespoons olive oil
- 2 sprigs rosemary (5-inch)

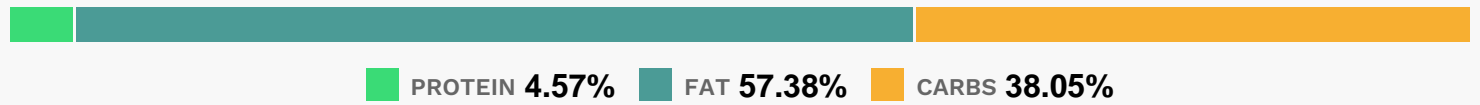
Equipment

- oven
- baking pan

Directions

- Heat the oven to 500°F. Clean the potatoes, dry them well, and quarter them. When the oven is heated, add the oil to a 3-quart baking dish and place it on the bottom rack of the oven to heat. Once the oil is hot and shimmering (about 3 minutes), carefully remove the dish from the oven and add the dry potatoes, rosemary, and garlic. Carefully stir to coat in oil, and season generously with salt and freshly ground black pepper. Return the dish to the oven, placing it on the bottom rack, and roast the potatoes, checking occasionally so that they don't burn, until a nice crust has developed and they are dark golden brown, about 35 minutes.
- Remove the rosemary, stir to coat the potatoes with oil and break up the garlic cloves, season as necessary, and serve. Beverage pairing: A red wine from Tuscany would be the perfect match for this hearty dish. A Chianti would do the trick, but for something a bit more unusual, try a Rosso di Montalcino (made from Sangiovese), like the 2004 Casisano Colombaio Rosso di Montalcino.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:19.81, Inflammation Score:-3, Nutrition Score:9.4560869977526%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 289.11kcal (14.46%), Fat: 18.84g (28.98%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 24.65g (8.96%), Sugar: 1.23g (1.37%), Cholesterol: 0mg (0%), Sodium: 10.33mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Vitamin C: 31.39mg (38.04%), Vitamin B6: 0.51mg (25.46%), Potassium: 657.41mg (18.78%), Vitamin E: 2.71mg (18.05%), Manganese: 0.32mg (15.81%), Fiber: 3.46g (13.84%), Vitamin K: 14.2µg (13.52%), Phosphorus: 93.88mg (9.39%), Magnesium: 36.17mg (9.04%), Copper: 0.18mg (8.93%), Vitamin B1: 0.13mg (8.75%), Vitamin B3: 1.63mg (8.15%), Iron: 1.39mg (7.71%), Folate: 24.55µg (6.14%), Vitamin B5: 0.48mg (4.77%), Zinc: 0.5mg (3.32%), Vitamin B2: 0.05mg (3.19%), Calcium: 28.23mg (2.82%), Selenium: 1.17µg (1.67%)