



Rosemary and Garlic Roasted Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

Ingredients

- ☐ 4 large garlic clove peeled smashed
- ☐ 3 tablespoons olive oil
- ☐ 2 pounds potato 1-inch-thick boiling peeled cut into wedges
- ☐ 5 large rosemary (5 inches long)

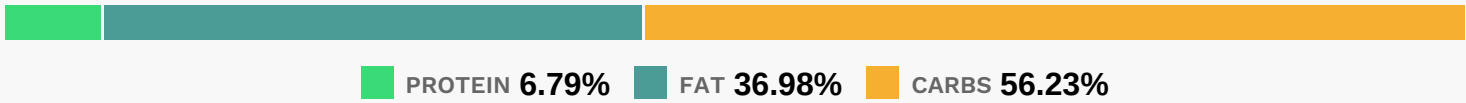
Equipment

- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat oven to 450°F with a 4-sided heavy sheet pan in upper third.
- ☐ Toss ingredients with 1 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Spread in 1 layer on hot pan and roast 20 minutes. Loosen potatoes with a metal spatula and turn, arranging pale potatoes around outer edge of pan and golden potatoes in center (for even roasting). Roast 15 minutes, then loosen and turn potatoes over again. Roast until potatoes are golden and cooked through and edges are crisp, about 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:10.594347939543%

Flavonoids

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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 256.46kcal (12.82%), Fat: 10.85g (16.69%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 37.13g (12.38%), Net Carbohydrates: 33.16g (12.06%), Sugar: 2.96g (3.28%), Cholesterol: 0mg (0%), Sodium: 41.61mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.97%), Potassium: 1045.25mg (29.86%), Vitamin C: 20.52mg (24.87%), Vitamin B6: 0.42mg (21.25%), Manganese: 0.37mg (18.61%), Fiber: 3.97g (15.89%), Copper: 0.31mg (15.68%), Phosphorus: 143.02mg (14.3%), Vitamin B3: 2.63mg (13.14%), Magnesium: 50.92mg (12.73%), Vitamin B1: 0.19mg (12.69%), Vitamin K: 12.95µg (12.33%), Folate: 41.3µg (10.32%), Vitamin E: 1.54mg (10.25%), Iron: 1.8mg (10.01%), Vitamin B5: 0.65mg (6.51%), Zinc: 0.79mg (5.25%), Vitamin B2: 0.07mg (4.36%), Calcium: 29.81mg (2.98%), Selenium: 1.57µg (2.24%)