



Rosemary Garlic Roasted Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



264 kcal

SIDE DISH

Ingredients

- 3 pounds baby potatoes red washed and scrubbed well
- 8 large garlic cloves peeled
- 6 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil extra-virgin
- 1 pinch pepper flakes red
- 3 tablespoons rosemary leaves roughly chopped

Equipment

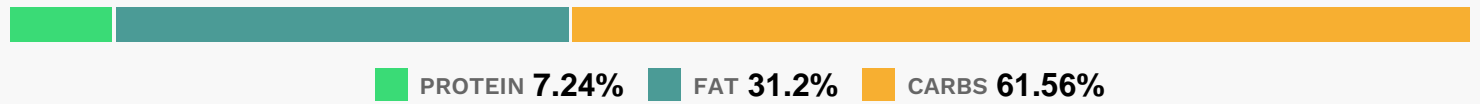
- bowl

oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 450 degrees F.
- Add the potatoes to a large sheet tray and toss them with the garlic, olive oil, rosemary, red pepper flakes, and salt and pepper, to taste. Roast for 35 minutes until golden and crisp, stirring once halfway through cooking process.
- Transfer to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:35.96, Glycemic Load:29.54, Inflammation Score:-5, Nutrition Score:12.874782704789%

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: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 263.76kcal (13.19%), Fat: 9.38g (14.43%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 41.66g (13.89%), Net Carbohydrates: 36.13g (13.14%), Sugar: 1.81g (2.01%), Cholesterol: 0mg (0%), Sodium: 15.26mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.9g (9.79%), Vitamin C: 46.54mg (56.41%), Vitamin B6: 0.74mg (36.83%), Potassium: 982.15mg (28.06%), Manganese: 0.45mg (22.28%), Fiber: 5.53g (22.12%), Magnesium: 55.56mg (13.89%), Phosphorus: 136.3mg (13.63%), Copper: 0.26mg (13.19%), Vitamin B1: 0.19mg (12.98%), Iron: 2.19mg (12.18%), Vitamin B3: 2.43mg (12.16%), Folate: 39.5µg (9.87%), Vitamin K: 9.98µg (9.5%), Vitamin E: 1.33mg (8.86%), Vitamin B5: 0.7mg (6.97%), Zinc: 0.74mg (4.92%), Vitamin B2: 0.08mg (4.8%), Calcium: 47.84mg (4.78%), Selenium: 1.3µg (1.86%)