



## Rosemary-Garlic Roasted Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



36 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

### Ingredients

- 20 ounces baby potatoes whole
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 garlic head
- 0.1 teaspoon kosher salt
- 0.3 teaspoon kosher salt
- 2 tablespoons olive oil extra-virgin
- 3 rosemary sprigs

3 thyme sprigs

## Equipment

bowl

frying pan

oven

aluminum foil

## Directions

Preheat oven to 45

Remove white papery skin from garlic head; separate but do not peel cloves.

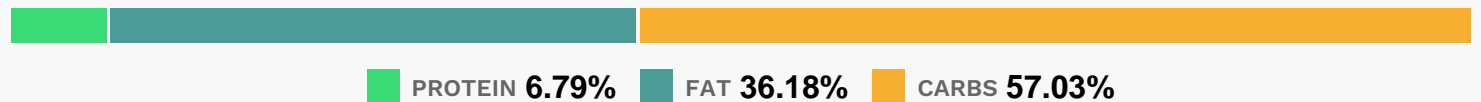
Place garlic, olive oil, potatoes, thyme sprigs, and rosemary sprigs in a large bowl; toss to coat. Arrange potato mixture on a foil-lined jelly-roll pan.

Sprinkle evenly with 1/4 teaspoon kosher salt and pepper.

Bake at 450 for 25 minutes, stirring after 13 minutes.

Sprinkle with 1/8 teaspoon kosher salt and parsley.

## Nutrition Facts



## Properties

Glycemic Index:73.19, Glycemic Load:18.28, Inflammation Score:-7, Nutrition Score:9.7186955680018%

## Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

## Nutrients (% of daily need)

Calories: 174.18kcal (8.71%), Fat: 7.18g (11.04%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 25.45g (8.48%), Net Carbohydrates: 22.08g (8.03%), Sugar: 1.13g (1.26%), Cholesterol: 0mg (0%), Sodium: 228.04mg (9.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Vitamin C: 32.06mg (38.87%), Vitamin K: 39.92µg

(38.02%), Vitamin B6: 0.43mg (21.68%), Potassium: 617.91mg (17.65%), Fiber: 3.37g (13.48%), Manganese: 0.26mg (13.17%), Magnesium: 35.37mg (8.84%), Phosphorus: 84.15mg (8.41%), Copper: 0.16mg (8.24%), Iron: 1.45mg (8.05%), Vitamin B1: 0.12mg (7.83%), Vitamin B3: 1.54mg (7.71%), Vitamin E: 1.04mg (6.93%), Folate: 26.33µg (6.58%), Vitamin B5: 0.44mg (4.37%), Vitamin A: 210.04IU (4.2%), Vitamin B2: 0.05mg (3.07%), Zinc: 0.46mg (3.06%), Calcium: 25.88mg (2.59%)