



Rosemary Potatoes



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 tablespoon butter
- ☐ 1 teaspoon rosemary dried
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 cups potatoes – remove skin red quartered

Equipment

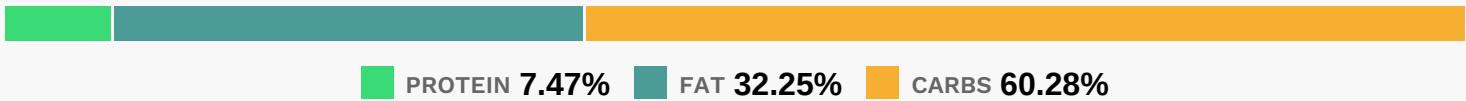
- ☐ baking pan

☐ microwave

Directions

- ☐ Place butter and garlic in an 8-inch square baking dish. Microwave at MEDIUM-HIGH (70% power) 45 seconds or until butter melts.
- ☐ Add rosemary, salt, pepper, and potatoes; toss well. Cover and microwave at HIGH for 15 minutes or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:3.5021739151815%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 79.85kcal (3.99%), Fat: 2.96g (4.55%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 12.44g (4.15%), Net Carbohydrates: 11.09g (4.03%), Sugar: 0.98g (1.09%), Cholesterol: 7.53mg (2.51%), Sodium: 326.94mg (14.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Potassium: 349.06mg (9.97%), Vitamin C: 6.86mg (8.31%), Vitamin B6: 0.14mg (7.2%), Manganese: 0.14mg (7.19%), Fiber: 1.34g (5.37%), Copper: 0.11mg (5.31%), Phosphorus: 48.72mg (4.87%), Vitamin B3: 0.87mg (4.37%), Magnesium: 17.16mg (4.29%), Vitamin B1: 0.06mg (4.25%), Folate: 13.74µg (3.44%), Iron: 0.59mg (3.29%), Vitamin K: 2.65µg (2.52%), Vitamin B5: 0.22mg (2.22%), Vitamin A: 94.29IU (1.89%), Zinc: 0.27mg (1.79%), Vitamin B2: 0.03mg (1.54%), Calcium: 11.66mg (1.17%)