



Rosemary Potatoes With Leek And Chorizo

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



194 kcal

SIDE DISH

Ingredients

- 8 servings baby potatoes
- 8 servings bay leaves
- 5 ounces chorizo
- 8 servings rosemary leaves fresh finely chopped
- 8 servings garlic
- 1 large leek
- 8 servings olive oil
- 8 servings paprika sweet

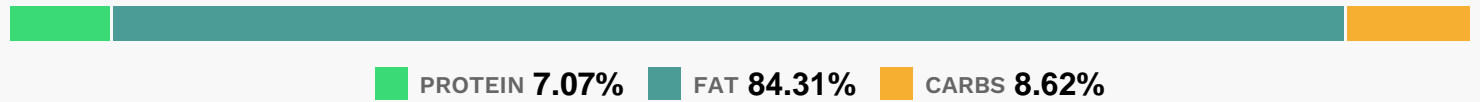
Equipment

- oven
- baking pan

Directions

- Preheat oven to 425°F.
- Combine ingredients in large baking dish. Roast, uncovered, about 30 minutes or until potatoes are lightly browned. Try out these potato side dishes on Food Republic: Spinach-Artichoke Scalloped Potatoes Recipe
- Hasselback Sweet Potatoes Recipe
- Chorizo Potato Bites Recipe

Nutrition Facts



Properties

Glycemic Index:23.59, Glycemic Load:0.88, Inflammation Score:-6, Nutrition Score:4.2295651798663%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 193.67kcal (9.68%), Fat: 18.43g (28.36%), Saturated Fat: 3.59g (22.46%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 3.21g (1.17%), Sugar: 0.58g (0.64%), Cholesterol: 11.07mg (3.69%), Sodium: 4.42mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.48g (6.95%), Vitamin A: 832.65IU (16.65%), Vitamin E: 2.41mg (16.08%), Vitamin K: 14.53µg (13.84%), Manganese: 0.21mg (10.62%), Iron: 1.42mg (7.89%), Vitamin B6: 0.11mg (5.41%), Fiber: 1.04g (4.15%), Vitamin C: 3.16mg (3.83%), Folate: 10.75µg (2.69%), Calcium: 26.05mg (2.61%), Potassium: 71.18mg (2.03%), Magnesium: 7.99mg (2%), Copper: 0.04mg (1.89%), Vitamin B2: 0.03mg (1.47%), Phosphorus: 13.98mg (1.4%), Vitamin B1: 0.02mg (1.15%), Vitamin B3: 0.21mg (1.03%)