



## Rosemary-Roasted New Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



124 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 3 garlic clove crushed
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon onion powder
- ☐ 0.3 teaspoon pepper
- ☐ 1 pound potatoes refrigerated red (such as Simply Potatoes)
- ☐ 0.3 teaspoon salt

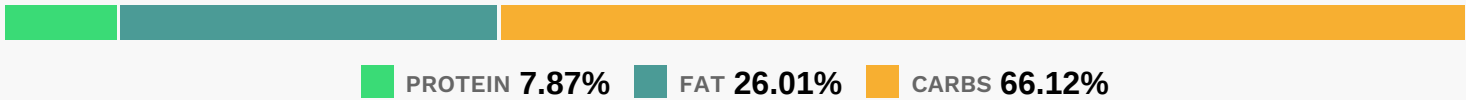
### Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 50
- ☐ In a large bowl, combine potatoes and remaining ingredients.
- ☐ Toss thoroughly to coat each potato wedge with oil and seasonings.
- ☐ Place the potato wedges on a baking sheet that's lined with foil.
- ☐ Bake 22 minutes or until tender and golden.
- ☐ Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:36.44, Glycemic Load:14.73, Inflammation Score:-4, Nutrition Score:6.4339130702226%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 124.09kcal (6.2%), Fat: 3.68g (5.66%), Saturated Fat: 0.55g (3.41%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 18.29g (6.65%), Sugar: 0.92g (1.03%), Cholesterol: 0mg (0%), Sodium: 153.07mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.01%), Vitamin C: 23.32mg (28.26%), Vitamin B6: 0.37mg (18.4%), Potassium: 497.3mg (14.21%), Manganese: 0.24mg (12.01%), Fiber: 2.75g (11.01%), Magnesium: 28.05mg (7.01%), Phosphorus: 69.74mg (6.97%), Copper: 0.14mg (6.77%), Vitamin B1: 0.1mg (6.46%), Vitamin B3: 1.22mg (6.11%), Iron: 1.03mg (5.73%), Folate: 19.48µg (4.87%), Vitamin K: 4.51µg (4.3%), Vitamin B5: 0.36mg (3.61%), Vitamin E: 0.52mg (3.46%), Zinc: 0.38mg (2.51%), Vitamin B2: 0.04mg (2.39%), Calcium: 22.49mg (2.25%)