



Rosemary Roasted Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



68 min.

SERVINGS



4

CALORIES



196 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons rosemary leaves fresh minced
- ☐ 3 cloves garlic minced
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.1 cup olive oil good
- ☐ 1.5 pounds white-skinned potatoes red or a mixture

Equipment

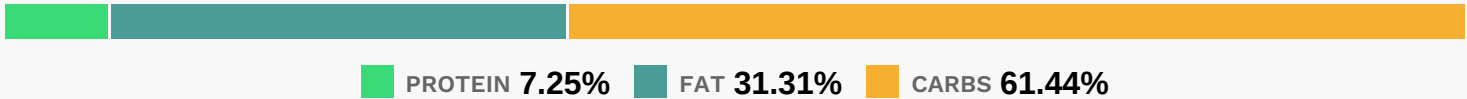
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Cut the potatoes in half or quarters and place in a bowl with the olive oil, salt, pepper, garlic and rosemary; toss until the potatoes are well coated. Dump the potatoes on a baking sheet and spread out into 1 layer; roast in the oven for at least 1 hour, or until browned and crisp. Flip twice with a spatula during cooking to ensure even browning.
- ☐ Remove the potatoes from the oven, season to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:36.44, Glycemic Load:21.99, Inflammation Score:-5, Nutrition Score:9.464782629324%

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: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 195.93kcal (9.8%), Fat: 6.98g (10.74%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 30.83g (10.28%), Net Carbohydrates: 26.83g (9.76%), Sugar: 1.35g (1.5%), Cholesterol: 0mg (0%), Sodium: 447.06mg (19.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Vitamin C: 34.43mg (41.73%), Vitamin B6: 0.53mg (26.69%), Potassium: 735.29mg (21.01%), Manganese: 0.34mg (17.02%), Fiber: 3.99g (15.97%), Magnesium: 41.03mg (10.26%), Phosphorus: 101.45mg (10.15%), Copper: 0.2mg (9.86%), Vitamin B1: 0.14mg (9.41%), Vitamin B3: 1.82mg (9.1%), Iron: 1.5mg (8.32%), Vitamin K: 7.74µg (7.37%), Folate: 28.42µg (7.1%), Vitamin E: 0.99mg (6.62%), Vitamin B5: 0.53mg (5.28%), Zinc: 0.53mg (3.55%), Vitamin B2: 0.06mg (3.46%), Calcium: 29.1mg (2.91%), Selenium: 0.84µg (1.2%)