



WHATSheATE



Smoked Paprika Roasted Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



6

CALORIES



139 kcal

SIDE DISH

Ingredients



1 sheet ginger tea bags



0.3 tsp pepper black



1.5 tbsp olive oil extra virgin



1 clove garlic fresh minced fine



2 lbs potatoes – remove skin red



0.8 tsp salt



1.3 tsp paprika smoked

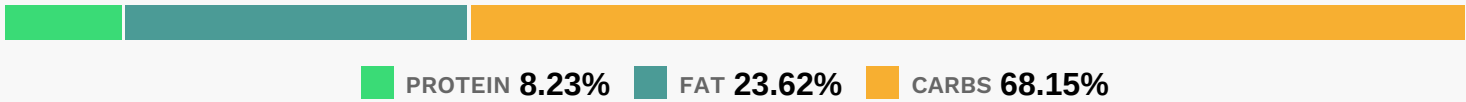
Equipment

☐ baking sheet

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Smoked Paprika Roasted Potatoes
- ☐ Ingredients2 lbs. red potatoes1 1/2 tbsp extra virgin olive oil1 1/4 tsp smoked paprika1 clove fresh garlic, minced very fine3/4 tsp salt1/4 tsp black pepper
- ☐ Nonstick cooking oil spray (or a little more olive oil), for greasing the baking sheet
- ☐ You will also needbaking sheet, gallon-sized plastic zipper bag
- ☐ Prep Time: 10 Minutes
- ☐ Cook Time: 25 Minutes
- ☐ Total Time: 35 Minutes
- ☐ Servings: 6
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:12.83, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:7.0060869196187%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 138.91kcal (6.95%), Fat: 3.77g (5.8%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 24.48g (8.16%), Net Carbohydrates: 21.74g (7.9%), Sugar: 2g (2.22%), Cholesterol: 0mg (0%), Sodium: 318.36mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Potassium: 700.66mg (20.02%), Vitamin C: 13.16mg (15.95%), Vitamin B6: 0.27mg (13.62%), Manganese: 0.24mg (11.98%), Fiber: 2.75g (10.99%), Copper: 0.21mg (10.42%), Phosphorus: 94.44mg (9.44%), Vitamin B3: 1.78mg (8.92%), Magnesium: 34.28mg (8.57%), Vitamin B1: 0.12mg (8.33%), Folate: 27.45µg (6.86%), Iron: 1.23mg (6.84%), Vitamin K: 6.97µg (6.64%), Vitamin B5: 0.44mg (4.36%),

Vitamin A: 216.31IU (4.33%), Vitamin E: 0.64mg (4.28%), Zinc: 0.52mg (3.5%), Vitamin B2: 0.05mg (3.1%), Calcium: 17.56mg (1.76%), Selenium: 0.86µg (1.23%)