



## Spicy Red Roasted Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

### Ingredients

- 2 tablespoons chives fresh chopped
- 0.5 cup cilantro leaves fresh chopped
- 0.5 cup parsley leaves fresh chopped
- 5 cloves garlic thinly sliced
- 1 teaspoon ground cumin
- 2 tablespoons kosher salt
- 0.5 cup olive oil
- 1 teaspoon cracked pepper black

- 3 pounds bliss potatoes red quartered
- 2 teaspoons pepper flakes red
- 0.3 cup red wine vinegar

## Equipment

- bowl
- oven

## Directions

- Preheat oven to 400 degrees F. Put a sheet tray in oven to get hot.
- Toss the potatoes in a large bowl with the olive oil, garlic, red pepper flakes, salt, pepper and cumin.
- Spread potatoes out evenly on the hot half sheet tray. Roast until tender and nicely browned, about 35 minutes .
- Remove the potatoes from the oven and put them back into the bowl.
- Add the vinegar, parsley, cilantro, chives, salt and pepper, to taste. Toss well to combine ingredients evenly.
- Serve alongside roasted chicken, if desired.

## Nutrition Facts



## Properties

Glycemic Index:64.94, Glycemic Load:44.02, Inflammation Score:-9, Nutrition Score:25.070434943489%

## Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 2.99mg, Kaempferol: 2.99mg, Kaempferol: 2.99mg, Kaempferol: 2.99mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

## Nutrients (% of daily need)

Calories: 327.67kcal (16.38%), Fat: 6.08g (9.35%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 62.36g (20.79%), Net Carbohydrates: 53.93g (19.61%), Sugar: 2.89g (3.21%), Cholesterol: 0mg (0%), Sodium: 3533.08mg (153.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.41%), Vitamin K: 144.08µg (137.21%), Vitamin C: 79.69mg (96.6%), Vitamin B6: 1.09mg (54.32%), Potassium: 1545.35mg (44.15%), Manganese: 0.72mg (36.13%), Fiber: 8.43g (33.72%), Vitamin A: 1144.78IU (22.9%), Magnesium: 88.94mg (22.24%), Iron: 3.92mg (21.79%), Phosphorus: 213.31mg (21.33%), Copper: 0.42mg (21.09%), Vitamin B1: 0.29mg (19.65%), Vitamin B3: 3.89mg (19.43%), Folate: 69.17µg (17.29%), Vitamin B5: 1.09mg (10.91%), Vitamin E: 1.33mg (8.85%), Zinc: 1.22mg (8.1%), Vitamin B2: 0.14mg (8.07%), Calcium: 73.96mg (7.4%), Selenium: 1.86µg (2.65%)