



Tad's Roasted Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 4 garlic clove crushed unpeeled
- ☐ 8 sprigs rosemary hearty (such as thyme, rosemary, and/or sage)
- ☐ 8 servings pepper freshly ground
- ☐ 0.3 cup olive oil
- ☐ 3 pounds yukon gold potatoes unpeeled cut into 3/4" pieces

Equipment

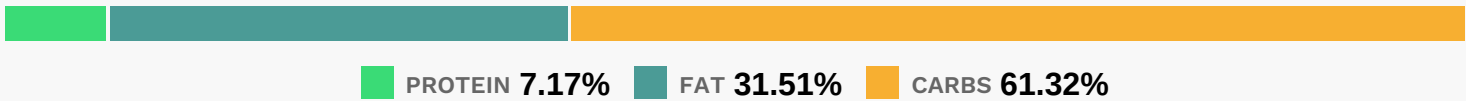
- ☐ bowl
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat oven to 375°F.
- ☐ Place herbs, garlic, potatoes, and oil in a large bowl; season with salt and pepper and toss to coat. Divide between 2 large rimmed baking sheets and roast, tossing occasionally, until potatoes are soft and golden brown, 45–55 minutes.

Nutrition Facts



Properties

Glycemic Index:26.97, Glycemic Load:21.92, Inflammation Score:-4, Nutrition Score:9.1465217503517%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 193.46kcal (9.67%), Fat: 6.93g (10.66%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 30.34g (10.11%), Net Carbohydrates: 26.5g (9.64%), Sugar: 1.34g (1.49%), Cholesterol: 0mg (0%), Sodium: 10.67mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.09%), Vitamin C: 34.04mg (41.26%), Vitamin B6: 0.52mg (26.12%), Potassium: 724.48mg (20.7%), Fiber: 3.84g (15.37%), Manganese: 0.3mg (15%), Magnesium: 39.89mg (9.97%), Phosphorus: 99.48mg (9.95%), Copper: 0.19mg (9.5%), Vitamin B1: 0.14mg (9.31%), Vitamin B3: 1.81mg (9.03%), Iron: 1.43mg (7.94%), Vitamin K: 7.48µg (7.13%), Folate: 27.58µg (6.9%), Vitamin E: 0.99mg (6.61%), Vitamin B5: 0.51mg (5.14%), Zinc: 0.52mg (3.43%), Vitamin B2: 0.06mg (3.33%), Calcium: 24.92mg (2.49%), Selenium: 0.73µg (1.05%)