



Truffled Roasted Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 40 ounce potato wedges refrigerated red (such as Simply Potatoes)
- ☐ 1 tablespoon truffle oil white

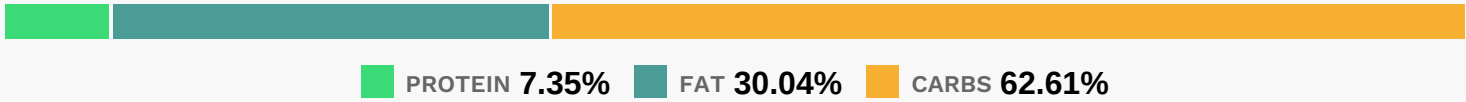
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Place potatoes on a jelly-roll pan; drizzle with olive oil, and sprinkle with garlic, salt, and pepper. Toss well to combine.
- ☐ Bake at 450 for 35 minutes or until potatoes are browned and tender.
- ☐ Remove from the oven.
- ☐ Drizzle potatoes with truffle oil, and sprinkle with thyme. Toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:23.84, Glycemic Load:18.26, Inflammation Score:-6, Nutrition Score:7.7099999914999%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 157.86kcal (7.89%), Fat: 5.39g (8.3%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 22.06g (8.02%), Sugar: 1.12g (1.24%), Cholesterol: 0mg (0%), Sodium: 154.19mg (6.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Vitamin C: 29.04mg (35.2%), Vitamin B6: 0.43mg (21.63%), Potassium: 605.56mg (17.3%), Fiber: 3.24g (12.96%), Manganese: 0.26mg (12.93%), Magnesium: 33.87mg (8.47%), Phosphorus: 83.05mg (8.31%), Copper: 0.16mg (8.03%), Vitamin B1: 0.12mg (7.72%), Vitamin B3: 1.51mg (7.56%), Iron: 1.25mg (6.96%), Vitamin K: 6.08µg (5.79%), Folate: 22.96µg (5.74%), Vitamin E: 0.77mg (5.15%), Vitamin B5: 0.43mg (4.29%), Zinc: 0.43mg (2.89%), Vitamin B2: 0.05mg (2.88%), Calcium: 21.54mg (2.15%)