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Olive-Oil-Glazed Potatoes ✦

Olive-Oil-Glazed Potatoes is a delicious and savory dish that can be enjoyed as a side or main course. The potatoes are coated in a flavorful glaze made with olive oil, garlic, and herbs, then roasted to perfection. This dish is perfect for any occasion and is sure to impress your guests.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	potatoes
3 tbsp	olive oil
3 cloves	garlic
1 tsp	Rosemary

1 tsp	Thyme
1 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Wash and scrub the potatoes. Cut them into bite-sized pieces.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the olive oil, minced garlic, rosemary, thyme, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Add the potatoes to the bowl and toss until they are evenly coated with the olive oil mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Preparation

Transfer the potatoes to a baking sheet and spread them out in a single layer.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Roasting

Roast the potatoes in the preheated oven for 40-45 minutes, or until they are golden brown and crispy.

Prep Time: 0 mins

Cook Time: 40 mins

Step 7

Resting

Remove the potatoes from the oven and let them cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 200 kcal

Fat: 8 g

Protein: 4 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	5 mg	33.33%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	700 mg	20.59%	26.92%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

American

Mediterranean

Greek

Spanish

German

Korean

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Events

Picnic

Barbecue

Difficulty Level

Medium

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