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Roasted New Potatoes ♦♦

Roasted new potatoes are a delicious side dish that can be enjoyed with a variety of meals. They are crispy on the outside and tender on the inside, with a rich and savory flavor. This recipe is perfect for any occasion and can be easily customized with your favorite seasonings and herbs.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	new potatoes
2 tbsp	olive oil
1 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder

1 tsp dried rosemary

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Wash and dry the new potatoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Cut the new potatoes into halves or quarters, depending on their size.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a large mixing bowl, toss the new potatoes with olive oil, salt, black pepper, garlic powder, and dried rosemary until evenly coated.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Resting

Spread the seasoned new potatoes in a single layer on a baking sheet.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Roasting

Roast the new potatoes in the preheated oven for 25-30 minutes, or until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 30 mins

Step 7

Cooling

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

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 7 g

Protein: 2 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	1 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	7 g	25%	28%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	400 mg	11.76%	15.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Course

Salads

Snacks

Sauces & Dressings

Cooking Method

Steaming

Microwaving

Roasting

Smoking

Simmering

Serving

Cooking

Healthy For

Gastroesophageal reflux disease (GERD)

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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