

# Roasted Red Potatoes

## INGREDIENTS:

- 3 pounds small red potatoes, cut to bitesize pieces
- 2 – 4 tablespoons olive oil
- Salt and black pepper to taste

## DIRECTIONS

1. Preheat oven to 450°F.
2. Toss potatoes with oil, salt, and pepper.
3. Arrange potatoes cut-side down on a large baking pan.
4. Roast potatoes until tender and golden brown, about 20 – 30 minutes.
5. Transfer to a serving dish and enjoy!

## Nutrition Facts

Serving Size (231g)  
Servings Per Container 6

Amount Per Serving

**Calories 200**      **Calories from Fat 45**

% Daily Value\*

**Total Fat 5g**      **8%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 40mg**      **2%**

**Total Carbohydrate 36g**      **12%**

Dietary Fiber 4g      **16%**

Sugars 3g

**Protein 4g**

Vitamin A 0%      • Vitamin C 35%

Calcium 2%      • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

