

Lemon-Roasted Potatoes

Food Network Magazine

1 1/2 pounds Yukon Gold potatoes,
peeled and cut into one-inch chunks
3 tablespoons olive oil
3 cloves garlic, chopped
1 teaspoon Kosher salt
1/2 teaspoon pepper
1/2 teaspoon dried oregano
1/4 cup lemon juice
1/4 cup chicken broth
chopped parsley

Roast: 30 minutes

Preheat the oven to 425 degrees.

In a 13x9-inch baking dish, toss the potatoes, olive oil, cloves, salt, pepper and oregano. Add the lemon juice and chicken broth.

Roast until the potatoes are tender.

Toss with parsley and serve.

Per Serving (excluding unknown items): 962 Calories; 41g Fat (38.4% calories from fat); 18g Protein; 130g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 2114mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 8 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	962	Vitamin B6 (mg):	.1mg
% Calories from Fat:	38.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	54.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	7.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	41g	Folic acid (mcg):	12mcg
Saturated Fat (g):	6g	Niacin (mg):	1mg
Monounsaturated Fat (g):	30g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0%
Carbohydrate (g):	130g	Food Exchanges	
Dietary Fiber (g):	9g	Grain (Starch):	0
Protein (g):	18g	Lean Meat:	0
Sodium (mg):	2114mg	Vegetable:	1/2
Potassium (mg):	189mg	Fruit:	1/2

Calcium (mg): 40mg
Iron (mg): 7mg
Zinc (mg): trace
Vitamin C (mg): 176mg
Vitamin A (i.u.): 66IU
Vitamin A (r.e.): 6 1/2RE

Non-Fat Milk: 0
Fat: 8
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 962 Calories from Fat: 369

% Daily Values*

Total Fat	41g		63%
Saturated Fat	6g		28%
Cholesterol	0mg		0%
Sodium	2114mg		88%
Total Carbohydrates	130g		43%
Dietary Fiber	9g		36%
Protein	18g		
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Vitamin A			1%
Vitamin C			293%
Calcium			4%
Iron			38%

** Percent Daily Values are based on a 2000 calorie diet.*