

Roasted Rosemary Red Potatoes

1 tsp. fresh chopped Rosemary
1 tsp. Olive Oil
Sprinkle of sea salt
2 medium red potatoes, cubed

Directions:

Preheat oven to 425 degrees F. Use a cooking spray to coat baking sheet. Wash and cube potatoes and mix in bowl with oil, rosemary, and salt. Spread evenly on coated baking sheet. Bake for 15 minutes, rotate potatoes, and bake for another 5-15 minutes until potatoes are desired texture. Makes 2 side-size servings.

Nutrition Facts			
Serving Size (216g)			
Servings Per Container			
Amount Per Serving			
Calories 170		Calories from Fat 25	
% Daily Value*			
Total Fat 2.5g			4%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 75mg			3%
Total Carbohydrate 34g			11%
Dietary Fiber 4g			16%
Sugars 3g			
Protein 4g			
Vitamin A 0%		• Vitamin C 30%	
Calcium 2%		• Iron 8%	
*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			