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  Less than 300g  •  375g
Dietary Fiber  Less than 25g  •  30g
Calories per gram:  Fat 9  •  Carbohydrate 4  •  Protein 4