

# low fodmap roasted potatoes

Author: Em Schwartz, MS, RDN Total Time: 35 minutes

Yield: 4 1x



With just 3 ingredients, these yummy, Low FODMAP Roasted Potatoes are an easy side dish to make, eat and reheat (as leftovers)!

## INGREDIENTS

- 1 (1.5 lb.) bag baby potatoes, quartered
- 2 Tbsp. olive oil
- Salt, to taste

## INSTRUCTIONS

1. Preheat oven to 425°F. Line a rimmed baking sheet with aluminum foil.
2. In a large bowl, toss together quartered potatoes and olive oil. Arrange in an even layer on the lined baking sheet.
3. Bake for 15 minutes. Carefully stir and bake 15 minutes more or until potatoes are tender and just golden brown. Season to taste with salt. Serve.

Serves 4

Calories Per Serving: 191

% DAILY VALUE

Total Fat 7.2g	9%	Total Carbohydrate 29.7g	11%	Dietary Fiber 3.6g	13%	Protein 3.5g	7%
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Find it online: <https://funwithoutfodmaps.com/low-fodmap-roasted-potatoes/>