

Roasted rosemary potatoes nutrition information

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Nutrition Facts

Serving Size 1/4 Cup (2 ounces)(57g)

Servings Per Container 12

Amount Per Serving

Calories 25 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

 Saturated Fat 0g **0%**

 Trans Fat 0g **0%**

Sodium 80mg **3%**

Total Carbohydrate 5g **2%**

 Dietary Fiber 1g **5%**

 Sugars 2g

Protein 1g

Vitamin A 30% **Vitamin C 6%**

Calcium 0% **Iron 6%**

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

BBQ Pork Burgers

Nutrition Facts

Serving Size 1/4 meal kit prepared (461 g unprepared)
Servings Per Container: 4

Amount Per Serving	As Packaged	As Prepared
Calories	810	840
Calories from Fat	390	430
% Daily Value**		
Total Fat 43g*	66%	74%
Saturated Fat 16g	80%	85%
Trans Fat 0g		
Cholesterol 125mg	42%	42%
Sodium 740mg	31%	46%
Total Carbohydrate 67g	22%	22%
Dietary Fiber 6g	24%	24%
Sugars 17g		
Protein 40g		
Vitamin A	20%	20%
Vitamin C	70%	35%
Calcium	45%	45%
Iron	25%	25%

* Amount in As Packaged.

** 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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS:

Potato, Ground Pork, Cabbage, Potato Bun (Enriched Wheat Flour [Wheat Flour, Ferrous Sulfate, Niacin, Thiamin, Riboflavin, Folic Acid], Nonfat Milk, Reconstituted Potatoes [Potato Flour], Yeast, Sugar, Wheat Gluten, Sunflower Oil, 2% or less of Salt, Butter, Sunflower Lecithin, Dough Conditioners [Sodium Stearoyl Lactylate, Mono- and Diglycerides], Monocalcium Phosphate, Calcium Propionate [as preservative], Guar Gum, Ascorbic Acid, DATEM, Calcium Sulfate, Enzymes, Turmeric [as color], Annatto [as color], Sesame Seeds), Gouda Cheese (Pasteurized Milk, Salt, Cheese Cultures, Enzymes, Annatto (as color), Artificial Smoke Flavor), Barbecue Sauce (Tomato Puree [Tomato Paste, Water], Vegetable Puree [Butternut Squash, Carrots, Spinach], Light Brown Sugar, Vinegar, Salt, Liquid Smoke Flavor, Garlic Powder, Onion Powder, Allspice), Pickles (Cucumbers, Vinegar, Water, Garlic, Dill, Coriander, Salt, Calcium Chloride [to promote crispness]), Mayonnaise (Canola Oil, Egg Yolks, Water, Honey, Distilled Vinegar, Egg, 2% or less of Salt, Spice, Lemon Juice Concentrate), Pickled Sweet Piquante Peppers (Piquante Peppers, Water, Sugar, Vinegar, Salt, Citric Acid, Ascorbic Acid, Calcium Chloride), Honey, BBQ Spice Blend (Smoked Paprika, Paprika, Ground Fennel Seeds, Ground Coriander, Garlic Powder, Brown Sugar).

CONTAINS EGG, MILK, WHEAT.

As a result of our just-in-time sourcing model, on occasion we may be required to substitute an ingredient. Always check the ingredient packaging in your delivery to confirm allergen information

Processed in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC, 40 West 23rd Street, New York, NY 10010

Net Wt. 4.0 lbs (1.8 kg)



Roasted rosemary potatoes calories. Rosemary roasted potatoes at 350.

Have you ever asked yourself, "How much weight can I lose in a month?" or "How many meals a day should you eat?" Since 2005, a community of over 200 million members have used MyFitnessPal to answer those questions and more. With exercise demos, workout routines and more than 500 recipes available on the app, MyFitnessPal gives members a wellness roadmap for anything from the best fat burning workouts to healthy foods to eat. So whether your goal is walking for weight loss, tracking the foods you eat, or something else entirely, MyFitnessPal has the tools you need to start your fitness and health journey today. Potatoes are one of the most beloved foods in the US, and there are countless ways to enjoy them. But you may be wondering if they're healthy. Potatoes sometimes get a bad rap for being starch bombs, but they're actually incredibly good for you. Here's a primer on potato health benefits, as well as the best ways to prepare the vegetable to maximize its nutritional value. Getty Images One medium baked Russet potato with the skin has 129 calories, 4.6 grams of protein, no fat, and 37 grams of carbohydrate with about 4 grams as fiber. The veggie is also loaded with nutrients, including over 30% of the daily value for immune-supporting vitamin C. Plus, it has nearly a third of the daily target for potassium, a mineral that supports nerve, muscle, and heart function, as well as healthy blood pressure. Potatoes also provide B vitamins, vitamin K, iron, magnesium, zinc, copper, and manganese. Spuds are also rich in antioxidants, including phenols, carotenoids, flavonoids, and anthocyanin compounds, which are found in both the skin and flesh of the potato. But really, potatoes of all varieties are healthful, particularly when consumed with the skin. To expose your body to a broader spectrum of antioxidants, include potatoes of all colors, since each pigment is associated with different protective compounds. The carbohydrates and nutrients potatoes provide make them an excellent source of fuel prior to or during exercise. A small 2019 study published in the Journal of Applied Physiology looked at the impact of potato purée vs. a commercial carbohydrate gel during prolonged cycling. Researchers found that both foods resulted in equal performance outcomes. If you're looking for a whole food option to power your workout, consider nibbling on a handful of fingerling potatoes or a small to medium baked potato about 30 minutes before your sweat session. In addition to their fiber, potatoes also supply resistant starch, a unique kind of carbohydrate that's been shown to naturally up the body's fat-burning furnace. Like fiber, you can't digest or absorb resistant starch, and when it reaches the large intestine, it gets fermented, which triggers the body to burn fat. Cooked, cooled potatoes naturally form more resistant starch, so to boost the content, allow your potatoes to cool to room temp before you dive in. You can also add leftover, refrigerated potatoes to garden salads or transform them into potato salad, dressed in mustard vinaigrette. In addition to fat-burning resistant starch, potatoes may offer another benefit linked to weight control. Research shows that potatoes tend to be more satiating than other starchy carbs, such as pasta and rice. In one study, volunteers ate fewer calories when potatoes were consumed as part of a meal, even though there were no limits on portion size. In addition, the potato eaters did not compensate by eating more calories later in the day. Research published in the journal Clinical Nutrition in 2020 looked at the impact of potatoes vs. rice as part of a mixed dinner on post-meal and overnight blood sugar regulation in people with type 2 diabetes. The potatoes were boiled, roasted, or boiled and cooled. Each meal contained 50% carbohydrate, 30% fat, and 20% protein. Blood samples were collected from the volunteers before, immediately after, and then every 30 minutes for a couple hours. The participants also wore a continuous glucose monitor as a way to assess glucose levels during sleep. The study found no significant differences between the potatoes and rice or between the potato preparation. The researchers concluded that potatoes are suitable for people with diabetes when consumed as part of a balanced meal and do not disrupt blood glucose regulation. It probably goes without saying that frying anything, including potatoes, isn't the most nutritious cooking method. But beyond that, you may be wondering if, nutrition-wise, it's best to boil or bake your taters. A 2020 study looked at the impact of cooking methods on the contents of potato starch, vitamin C, minerals, and antioxidants. In general, the researchers found a higher retention of nutrients in potatoes cooked with "dry" methods, such as microwaving or grilling, compared with "wet" methods, including boiling or steaming. Also, when potatoes are boiled, leaving the skin on preserves more nutrients, as it prevents minerals from leaching out into the water. The study also confirmed that cooling potatoes after cooking upped the resistant starch content. Potatoes are incredibly versatile. Enjoy them at breakfast as part of a veggie scramble made with eggs or chickpeas, or slice them as the base for a baked frittata. Add cooked, chilled potatoes of all kinds (fingerling, red-skinned, purple-fleshed, and sweet potatoes) to salads or as a side dish or pre-workout snack. At dinner, stuff baked potatoes with oven-roasted or sautéed veggies and lean protein, or incorporate them into veggie chili, soup, or stew. You can even include potatoes in sweet recipes like smoothies, potato energy balls, and desserts, including potato cake and chocolate truffles. In short, potatoes are a nutrient-rich, naturally gluten-free source of energizing, satiating whole food carbs with potential health and performance benefits. Enjoy them, and feel good about it. Cynthia Sass, MPH, RD, is Health's contributing nutrition editor, a New York Times best-selling author, and a private practice performance nutritionist who has consulted for five professional sports teams. To get our top stories delivered to your inbox, sign up for the Healthy Living newsletter Thanks for your feedback! Main info: Rosemary and Garlic Roasted Potatoes 1 serving 271.6 Calories 40.8 g 11.0 g 4.7 g 6.5 g 0 mg 1.7 g 15.6 mg 1.7 g 0 g Report a problem with this food Report a problem with this food View the full Rosemary Roasted Potatoes Recipe & Instructions Here are the foods from our food nutrition database that were used for the nutrition calculations of this recipe. Calories per serving of Rosemary Roasted Potatoes 73 calories of Potato, raw, (0.50 medium (2-1/4" to 3-1/4" dia.))50 calories of Extra Virgin Olive Oil, (0.42 tbsp)2 calories of Garlic, (0.50 cloves)2 calories of Rosemary, dried, (0.17 tsp)1 calories of Pepper, black, (0.17 tsp)0 calories of Salt, (0.25 tsp) Carb Manager Carb Manager's content is for informational and educational purposes only. Our website is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Eat better. Feel better. Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. Main info: Roasted Rosemary Potatoes Publix 3/4 cup 150 Calories 19 g 8 g 2 g 2 g 0 mg 1 g 380.0 mg 1 g 0 g Report a problem with this food Report a problem with this food Note: Any items purchased after clicking our Amazon buttons will give us a little referral bonus. If you do click them, thank you! Printed from Select portion size: Nutrition Facts Portion Size 105 g Amount Per Portion 150 Calories % Daily Value * Total Fat 8g 10 % Saturated Fat 1g 5 % Sodium 380mg 17 % Total Carbohydrate 19g 7 % Dietary Fiber 2g 7 % Sugar 1g Protein 2g 4 % Calcium 0mg 0 % Iron 1.1mg 6 % Potassium 350mg 7 % * The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice. Share by URL Download spreadsheet (CSV) Proteins and AminoacidsNutrientAmount DVProtein 2.00 g4 % SterolsNutrientAmount DVCholesterol 0.00 mg0 % IngredientsRosemary potatoes (potatoes, olive oil, salt, paprika, black pepper, dehydrated parsley, dehydrated rosemary) Roasted rosemary potatoes, roasted rosemary by Publix Super Markets, Inc. contains 150 calories per 105 g serving. This serving contains 8 g of fat, 2 g of protein and 19 g of carbohydrate. The latter is 1 g sugar and 2 g of dietary fiber, the rest is complex carbohydrate. Roasted rosemary potatoes, roasted rosemary by Publix Super Markets, Inc. contains 1 g of saturated fat and 0 mg of cholesterol per serving. 105 g of Roasted rosemary potatoes, roasted rosemary by Publix Super Markets, Inc. contains 1.08 mg of iron, 0.00 mg of calcium, 350 mg of potassium. Roasted rosemary potatoes, roasted rosemary by Publix Super Markets, Inc. belong to 'Other Deli' food category. The UPC for this product is 041415756618. Please let us know if you have any suggestions on how to make this website better. Roasted rosemary potatoes, roasted rosemary by Publix Super Markets, Inc. nutrition facts and analysis.. Daily values are based on a 2000 calorie a day diet. Recommended daily intake of essential aminoacids is provided for 180 lbs person. Actual daily nutrient requirements might be different based on your age, gender, level of physical activity, medical history and other factors. All data displayed on this site is for general informational purposes only and should not be considered a substitute of a doctor's advice. Please consult with your doctor before making any changes to your diet. Nutrition labels presented on this site is for illustration purposes only. Food images may show a similar or a related product and are not meant to be used for food identification. Nutritional value of a cooked product is provided for the given weight of cooked food. This page may contain affiliate links to products through which we earn commission used to support this website development and operations. Data from USDA National Nutrient Database. Contribute to this site | Contact webmaster NutritionValue.Org - Nutrition facts exposed Terms and Conditions | Privacy Policy Copyright 2022 NutritionValue.org All rights reserved

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