



Baby Potatoes with Creamy Goat Cheese and Fine Herbs

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 teaspoons chervil fresh minced
- ☐ 2 teaspoons rounds chive fresh paper-thin for garnish
- ☐ 2 tablespoons crème fraîche sour
- ☐ 1 tablespoon flat-leaf parsley fresh minced
- ☐ 4 sprigs parsley fresh
- ☐ 2 teaspoons tarragon fresh minced

- ☐ 3 sprigs tarragon fresh
- ☐ 3 ounces goat cheese fresh soft at room temperature
- ☐ 1 tablespoon kosher salt
- ☐ 1 lemon zest
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 8 ounces red-skinned potatoes
- ☐ 1 cup vermouth dry white
- ☐ 3 cups water

Equipment

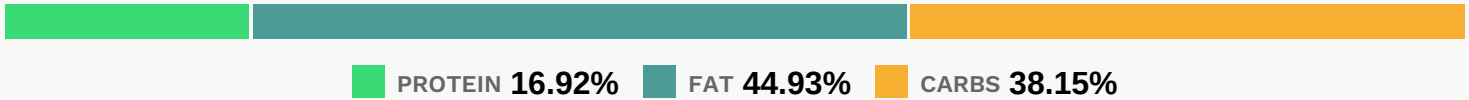
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ melon baller

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ To make the potatoes: In a medium saucepan combine the vermouth, water, parsley, tarragon, lemon zest, and salt. Set aside.
- ☐ Cut the potatoes in half horizontally. Slice a small portion off of the rounded ends-- so the potatoes stand up without rolling around -- and discard.
- ☐ Add the halved potatoes to the saucepan. Bring to a boil over medium heat; adjust the heat to maintain a gentle simmer and cook until just fork tender, about 8 minutes. Set the potatoes aside to cool in the liquid for 5 minutes.
- ☐ Drain the potatoes, reserving 2 teaspoons of the cooking liquid. Discard the herbs and lemon zest. With a small spoon or melon baller, scoop out a little of each potato, to make a little "bowl" for the cheese.
- ☐ Toss the potatoes with the oil in a small bowl, and stand them up on a baking sheet.
- ☐ Bake until lightly browned, about 15 minutes.

- ☐
- Meanwhile, make the filling: In a medium bowl, cream the cheese with the creme fraiche and the 2 teaspoons of reserved cooking liquid. Fold in the minced parsley, tarragon, chives, and chervil. Season with pepper, to taste.
- ☐
- Remove the potatoes from the oven and let cool slightly. While the potatoes are still warm, spoon a dollop of the cheese mixture into each potato. Set the potatoes on a platter and top off with the chive segments to garnish.
- ☐
- Serve.

Nutrition Facts



Properties

Glycemic Index:74, Glycemic Load:0.79, Inflammation Score:-6, Nutrition Score:8.2186957312667%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 173.76kcal (8.69%), Fat: 6.93g (10.67%), Saturated Fat: 3.92g (24.47%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 11.84g (4.3%), Sugar: 1.21g (1.35%), Cholesterol: 13.32mg (4.44%), Sodium: 1846.14mg (80.27%), Alcohol: 5.7g (100%), Alcohol %: 2.17% (100%), Protein: 5.88g (11.75%), Vitamin K: 36.75µg (35%), Manganese: 0.32mg (16.2%), Copper: 0.29mg (14.3%), Vitamin C: 11.11mg (13.46%), Vitamin A: 561.39IU (11.23%), Vitamin B6: 0.22mg (10.89%), Potassium: 363.54mg (10.39%), Phosphorus: 103.22mg (10.32%), Iron: 1.81mg (10.04%), Vitamin B2: 0.15mg (8.59%), Calcium: 82.16mg (8.22%), Magnesium: 28.6mg (7.15%), Folate: 23.82µg (5.95%), Fiber: 1.41g (5.65%), Vitamin B3: 1.01mg (5.05%), Vitamin B1: 0.07mg (4.76%), Zinc: 0.55mg (3.68%), Vitamin B5: 0.34mg (3.39%), Selenium: 1.24µg (1.77%), Vitamin E: 0.23mg (1.54%)