



Baby Potatoes with Kale and Garlic



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 1 pound baby potatoes sliced
- ☐ 1.5 tablespoons canola oil
- ☐ 2 tablespoons garlic sliced
- ☐ 3 cups kale chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sesame oil
- ☐ 1 tablespoon water

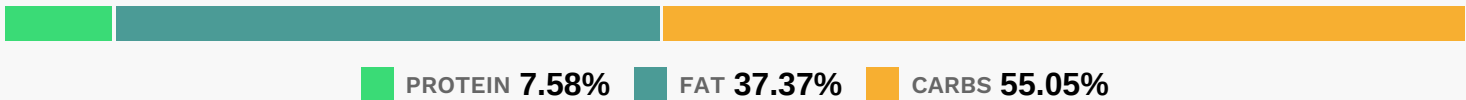
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place potatoes in a saucepan; cover with water. Bring to a boil. Cook 8 minutes; drain.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add canola oil.
- ☐ Add potatoes and garlic; cook 3 minutes.
- ☐ Add kale and water. Cover and cook 3 minutes.
- ☐ Add sesame oil, salt, and pepper; toss.

Nutrition Facts



Properties

Glycemic Index:44.44, Glycemic Load:14.91, Inflammation Score:-10, Nutrition Score:12.546956632448%

Flavonoids

Isorhamnetin: 3.72mg, Isorhamnetin: 3.72mg, Isorhamnetin: 3.72mg, Isorhamnetin: 3.72mg Kaempferol: 8.29mg, Kaempferol: 8.29mg, Kaempferol: 8.29mg, Kaempferol: 8.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 154.35kcal (7.72%), Fat: 6.61g (10.17%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 18.65g (6.78%), Sugar: 1.05g (1.17%), Cholesterol: 0mg (0%), Sodium: 306.73mg (13.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Vitamin K: 67.73µg (64.51%), Vitamin C: 38.3mg (46.42%), Vitamin A: 1576.74IU (31.53%), Vitamin B6: 0.41mg (20.38%), Manganese: 0.36mg (18.04%), Potassium: 549.98mg (15.71%), Fiber: 3.26g (13.02%), Magnesium: 32.54mg (8.13%), Phosphorus: 79.62mg (7.96%), Vitamin B1: 0.12mg (7.78%), Copper: 0.15mg (7.26%), Vitamin B3: 1.41mg (7.05%), Vitamin E: 1.05mg (7.02%), Folate: 28.05µg (7.01%), Iron: 1.22mg (6.77%), Calcium: 61.7mg (6.17%), Vitamin B2: 0.1mg (5.62%), Vitamin B5: 0.38mg (3.76%), Zinc: 0.44mg (2.93%), Selenium: 1.06µg (1.51%)