



Baby Potatoes with Tomato-Corn Sauté

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



161 kcal

SIDE DISH

Ingredients

- ☐ 12 ounces baby potatoes halved
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup ears corn fresh (2 ears)
- ☐ 1.5 teaspoons garlic thinly sliced
- ☐ 1 cup grape tomatoes halved
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan fresh shaved

☐ 0.3 teaspoon salt

Equipment

☐ food processor

☐ bowl

☐ frying pan

☐ sauce pan

Directions

☐ Place potatoes in a medium saucepan; cover with water. Bring to a boil. Cook 10 minutes or until tender; drain.

☐ Heat a large nonstick skillet over medium-high heat.

☐ Add oil to pan; swirl to coat.

☐ Add corn and next 3 ingredients (through pepper) to pan; saut 2 minutes.

☐ Add potatoes and tomatoes to pan; cook 1 minute. Top with cilantro and cheese.

☐ Place 1 pound baby potatoes in a saucepan; cover with water. Bring to a boil. Cook 11 minutes; drain. Pulse 1 cup arugula, 1/2 cup basil, 2 tablespoons grated Parmesan, 2 tablespoons unsalted chicken stock, 1 tablespoon olive oil, 1 tablespoon lemon juice, 3/8 teaspoon salt, and 1/4 teaspoon pepper in a mini food processor.

☐ Combine potatoes and arugula mixture in a medium bowl; toss.

☐ Serves 4 (serving size: 3/4 cup) Calories 160; Fat 6g (sat 8g); Sodium 279mg

☐ Place 1 pound quartered baby potatoes in a saucepan; cover with water. Bring to a boil. Cook 8 minutes; drain. Cook 2 center-cut bacon slices in a skillet until crisp; crumble.

☐ Combine drippings, 2 tablespoons cider vinegar, 1 tablespoon olive oil, 1 tablespoon Dijon, 1 teaspoon brown sugar, and 1/4 teaspoon salt in a bowl.

☐ Add potatoes and 2 cups spinach. Top with 1/4 cup green onions and bacon.

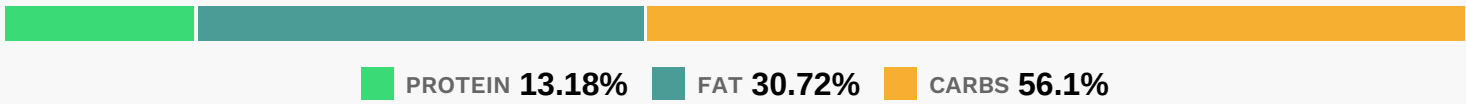
☐ Serves 4 (serving size: 3/4 cup) Calories 134; Fat 6g (sat 1g); Sodium 304mg

☐ Variation 3 Kale and Garlic

☐ Place 1 pound sliced baby potatoes in a saucepan; cover with water. Bring to a boil. Cook 8 minutes; drain.

- ☐
- Heat a large skillet over medium-high heat.
- ☐
- Add 1 1/2 tablespoons canola oil.
- ☐
- Add potatoes and 2 tablespoons sliced garlic; cook 3 minutes.
- ☐
- Add 3 cups chopped kale and 1 tablespoon water. Cover and cook 3 minutes.
- ☐
- Add 1 teaspoon sesame oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper; toss.
- ☐
- Serves 4 (serving size: 3/4 cup) Calories 168; Fat 9g (sat 6g); Sodium 338mg

Nutrition Facts



Properties

Glycemic Index:52.69, Glycemic Load:11.42, Inflammation Score:-6, Nutrition Score:9.10999999968124%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 161.14kcal (8.06%), Fat: 5.79g (8.9%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 23.77g (7.92%), Net Carbohydrates: 20.62g (7.5%), Sugar: 3.99g (4.44%), Cholesterol: 4.25mg (1.42%), Sodium: 260.8mg (11.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Vitamin C: 25.03mg (30.35%), Vitamin B6: 0.34mg (16.93%), Potassium: 563.92mg (16.11%), Phosphorus: 135.79mg (13.58%), Manganese: 0.26mg (13%), Fiber: 3.15g (12.59%), Vitamin A: 555.73IU (11.11%), Vitamin K: 11.17µg (10.63%), Magnesium: 40.64mg (10.16%), Vitamin B1: 0.14mg (9.59%), Calcium: 92.12mg (9.21%), Vitamin B3: 1.81mg (9.07%), Folate: 35.75µg (8.94%), Copper: 0.14mg (7.16%), Iron: 1.09mg (6.05%), Vitamin B5: 0.59mg (5.89%), Vitamin E: 0.83mg (5.56%), Vitamin B2: 0.08mg (4.68%), Zinc: 0.67mg (4.49%), Selenium: 2.08µg (2.97%), Vitamin B12: 0.08µg (1.25%)