



WHATSheATe



Boiled Potatoes with Butter



Vegetarian



Gluten Free

READY IN



19 min.

SERVINGS



4

CALORIES



151 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 4 servings pepper black freshly ground
- ☐ 1 teaspoon peppercorns black
- ☐ 1 head garlic halved
- ☐ 4 servings kosher salt
- ☐ 1 pound new potatoes
- ☐ 2 tablespoons butter unsalted

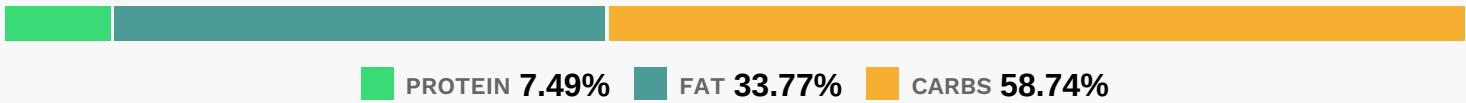
Equipment

☐ sauce pan

Directions

- ☐ Put the potatoes, garlic, bay leaf, and peppercorns in a large saucepan, add cold water to cover by about an inch and season generously with salt,. Bring to a boil, lower the heat, and simmer until potatoes are fork tender, about 5 to 8 minutes depending on their size.
- ☐ Drain and discard the garlic, bay leaves, and peppercorns. Halve the potatoes, if large, toss with the butter and season with salt, and pepper, to taste. Keep warm.

Nutrition Facts



Properties

Glycemic Index:44.44, Glycemic Load:15.3, Inflammation Score:-4, Nutrition Score:7.5456521880368%

Flavonoids

Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 151.03kcal (7.55%), Fat: 5.86g (9.01%), Saturated Fat: 3.65g (22.8%), Carbohydrates: 22.92g (7.64%), Net Carbohydrates: 19.97g (7.26%), Sugar: 0.97g (1.07%), Cholesterol: 15.05mg (5.02%), Sodium: 202.8mg (8.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Vitamin C: 24.53mg (29.74%), Manganese: 0.45mg (22.32%), Vitamin B6: 0.43mg (21.27%), Potassium: 523.28mg (14.95%), Fiber: 2.95g (11.81%), Copper: 0.16mg (8.04%), Phosphorus: 78.95mg (7.9%), Magnesium: 30.06mg (7.51%), Vitamin B1: 0.11mg (7.09%), Vitamin B3: 1.26mg (6.31%), Iron: 1.13mg (6.3%), Folate: 18.81µg (4.7%), Vitamin K: 4.73µg (4.5%), Vitamin B5: 0.4mg (4.02%), Vitamin A: 185.94IU (3.72%), Calcium: 33.6mg (3.36%), Zinc: 0.43mg (2.88%), Vitamin B2: 0.05mg (2.86%), Selenium: 1.46µg (2.09%), Vitamin E: 0.19mg (1.28%)