



Boiled Potatoes with Chives



Vegetarian



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons chives fresh finely chopped
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 2 pounds very potatoes red scrubbed
- ☐ 3 tablespoons butter unsalted softened

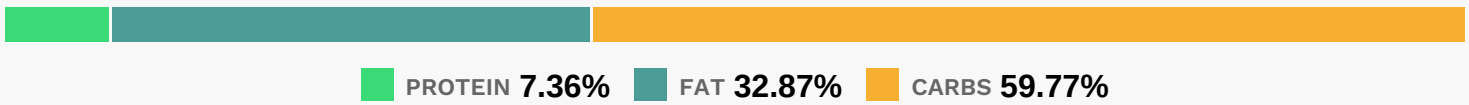
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Place butter in a serving bowl.
- ☐ Place potatoes into a large pot and cover with salted water by 1 inch; bring to a boil. Reduce heat to medium-low and simmer until tender, 10 to 15 minutes.
- ☐ Drain and cool until potatoes can be handled; cut potatoes in half.
- ☐ Place potatoes into serving bowl with butter, season with salt and black pepper, and toss with chives until potatoes are coated.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:10.385652171529%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 234.97kcal (11.75%), Fat: 8.85g (13.62%), Saturated Fat: 5.48g (34.24%), Carbohydrates: 36.23g (12.08%), Net Carbohydrates: 32.29g (11.74%), Sugar: 2.97g (3.3%), Cholesterol: 22.58mg (7.53%), Sodium: 42.07mg (1.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Potassium: 1042.43mg (29.78%), Vitamin C: 20.81mg (25.23%), Vitamin B6: 0.39mg (19.46%), Manganese: 0.34mg (17.07%), Fiber: 3.94g (15.75%), Copper: 0.31mg (15.52%), Phosphorus: 142.33mg (14.23%), Vitamin B3: 2.63mg (13.13%), Magnesium: 51.22mg (12.81%), Vitamin B1: 0.19mg (12.41%), Vitamin K: 12.27µg (11.68%), Folate: 43.52µg (10.88%), Iron: 1.7mg (9.46%), Vitamin A: 376.76IU (7.54%), Vitamin B5: 0.65mg (6.53%), Zinc: 0.77mg (5.14%), Vitamin B2: 0.08mg (4.51%), Calcium: 27.71mg (2.77%), Vitamin E: 0.27mg (1.81%), Selenium: 1.26µg (1.81%), Vitamin D: 0.16µg (1.05%)