



Braised Fingerling Potato Coins

 Vegetarian  Gluten Free  Low Fod Map

READY IN



1500 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

Ingredients

- 2 pounds fingerling potatoes peeled
- 3 tablespoons flat parsley finely chopped
- 0.8 stick butter unsalted cut into bits
- 2 cups water

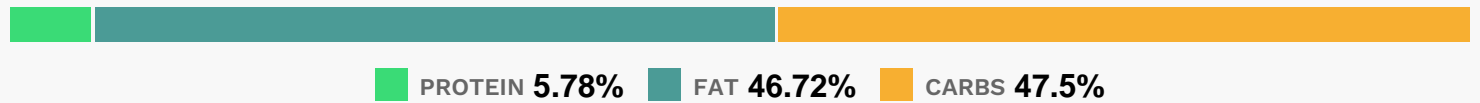
Equipment

- frying pan
- baking paper

Directions

- Cut a round of parchment paper to fit just inside a 12-inch heavy skillet and butter one side.
- Slice potatoes 1/8 inch thick with slicer. Arrange in skillet.
- Add water, 3/4 teaspoon salt, and 1/2 teaspoon pepper. Dot top with butter. Cover potatoes with parchment, buttered side down, and briskly simmer until tender and most of liquid has evaporated, 30 to 35 minutes.
- Serve sprinkled with parsley.

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:14.52, Inflammation Score:-4, Nutrition Score:7.4291304272154%

Flavonoids

Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 163.81kcal (8.19%), Fat: 8.71g (13.39%), Saturated Fat: 5.47g (34.21%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 17.37g (6.32%), Sugar: 0.9g (1%), Cholesterol: 22.78mg (7.59%), Sodium: 11.77mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.85%), Vitamin C: 24.33mg (29.5%), Vitamin K: 27.5µg (26.19%), Vitamin B6: 0.34mg (16.81%), Potassium: 488.26mg (13.95%), Fiber: 2.54g (10.18%), Manganese: 0.18mg (8.82%), Vitamin A: 393.37IU (7.87%), Magnesium: 27.63mg (6.91%), Phosphorus: 68.05mg (6.8%), Copper: 0.14mg (6.79%), Vitamin B1: 0.09mg (6.17%), Vitamin B3: 1.22mg (6.1%), Iron: 0.98mg (5.44%), Folate: 20.74µg (5.19%), Vitamin B5: 0.35mg (3.53%), Vitamin B2: 0.04mg (2.43%), Zinc: 0.36mg (2.4%), Calcium: 19.99mg (2%), Vitamin E: 0.27mg (1.79%), Vitamin D: 0.16µg (1.06%)