



WHATSheATE



## Braised Potatoes with Rosemary and Shallots



Vegetarian



Gluten Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

### Ingredients

- ☐ 1 cup chicken stock see
- ☐ 4 servings coarse salt and pepper freshly ground to taste
- ☐ 1.5 pound fingerling
- ☐ 3 tablespoon olive oil extra-virgin
- ☐ 1 tablespoon rosemary leaves minced for garnish
- ☐ 1 tablespoon butter unsalted

### Equipment

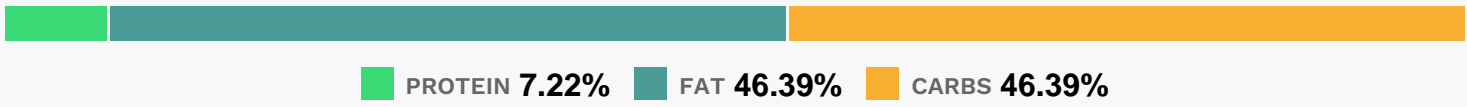
- ☐ oven

- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Preheat oven to 375 degrees.
- ☐ Heat the oil and butter over medium-low heat in a large ovenproof skillet or baking pan.
- ☐ Add onion slices, and cook until very soft, about 15 minutes. Stir in the potatoes and shallots and half the rosemary leaves; season with a good amount of salt and pepper. Raise heat to medium-high, and cook until potatoes begin to brown, about 10 minutes more.
- ☐ Remove from heat, and add remaining rosemary leaves and the stock.Cover skillet or baking pan with a lid or a piece of foil, and transfer it to the oven; cook until potatoes are fork-tender, about 15 minutes (timing will vary with size of potatoes). Uncover, and cook until liquid is reduced, about 30 additional minutes.
- ☐ Sprinkle with minced rosemary.
- ☐ Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:38.44, Glycemic Load:21.83, Inflammation Score:-4, Nutrition Score:10.388260953128%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

## Nutrients (% of daily need)

Calories: 272.14kcal (13.61%), Fat: 14.29g (21.98%), Saturated Fat: 3.52g (22%), Carbohydrates: 32.16g (10.72%), Net Carbohydrates: 28.2g (10.25%), Sugar: 2.28g (2.53%), Cholesterol: 9.32mg (3.11%), Sodium: 290.64mg (12.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Vitamin C: 33.94mg (41.13%), Vitamin B6: 0.55mg (27.36%), Potassium: 784.87mg (22.42%), Fiber: 3.96g (15.82%), Vitamin B3: 2.75mg (13.74%), Manganese: 0.27mg (13.51%), Phosphorus: 114.35mg (11.43%), Copper: 0.22mg (10.98%), Vitamin E: 1.63mg (10.85%), Magnesium: 42.7mg (10.67%), Vitamin B1: 0.16mg (10.65%), Vitamin K: 9.92µg (9.45%), Iron: 1.66mg (9.22%), Folate: 31.86µg (7.96%), Vitamin B2: 0.11mg (6.4%), Vitamin B5: 0.51mg (5.07%), Zinc: 0.6mg (3.98%), Calcium: 29.68mg (2.97%), Selenium:

1.89µg (2.7%), Vitamin A: 108.31IU (2.17%)