



Fingerling Potatoes Braised with Smoked Paprika

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



159 kcal

SIDE DISH

Ingredients

- 1 pinch ground pepper
- 1.5 pounds fingerling potatoes red (or small potatoes)
- 3 cloves garlic minced
- 1 tablespoon oregano fresh
- 0.5 cup onion red minced
- 1 pinch saffron threads
- 0.5 teaspoon salt to taste (or)

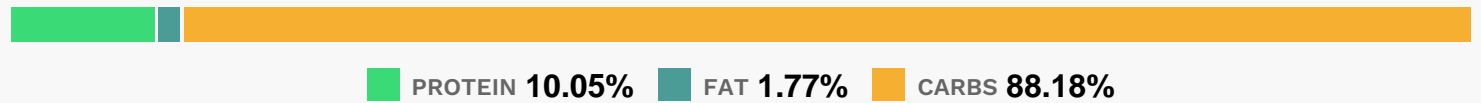
- 1 teaspoon paprika smoked
- 1 tablespoon tomato paste (I used double-strength, but regular will do)
- 3 cups vegetable stock (Imagine No-Chicken preferred)

Equipment

Directions

- Add the garlic and cook for another minute.
- Add the tomato paste, spices, and potatoes and toss to coat. Stir in the vegetable broth, add salt to taste, and cover. Cook on low for about 25 – 30 minutes, until potatoes are tender.
- Remove the cover and increase the heat. Cook, stirring regularly, until the broth has cooked down to a thick sauce.
- Add the oregano and toss the potatoes to coat with sauce. Enjoy!

Nutrition Facts



Properties

Glycemic Index:88.19, Glycemic Load:23.7, Inflammation Score:-9, Nutrition Score:11.508695768273%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 1.52mg, Kaempferol: 1.52mg, Kaempferol: 1.52mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg

Nutrients (% of daily need)

Calories: 159.26kcal (7.96%), Fat: 0.33g (0.5%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 36.49g (12.16%), Net Carbohydrates: 31.49g (11.45%), Sugar: 4.29g (4.76%), Cholesterol: 0mg (0%), Sodium: 1039.35mg (45.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.16g (8.32%), Vitamin C: 36.63mg (44.4%), Vitamin B6: 0.59mg (29.34%), Potassium: 822.82mg (23.51%), Manganese: 0.41mg (20.54%), Fiber: 5.01g (20.03%), Vitamin A: 718.42IU (14.37%), Magnesium: 47.71mg (11.93%), Iron: 2.1mg (11.65%), Vitamin K: 12µg (11.43%), Phosphorus: 113.04mg (11.3%), Copper: 0.22mg (11.23%), Vitamin B1: 0.16mg (10.41%), Vitamin B3: 2.07mg (10.33%), Folate: 34.81µg (8.7%), Vitamin B5: 0.57mg (5.71%), Calcium: 51.86mg (5.19%), Vitamin B2: 0.08mg (4.79%), Zinc: 0.64mg (4.24%), Vitamin E: 0.58mg (3.84%), Selenium: 1.23µg (1.76%)