



WHATSheATE



Fingerling Potatoes with Chives and Tarragon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



231 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons chives chopped
- ☐ 1.5 pound fingerling potatoes
- ☐ 1 large garlic clove finely chopped
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon tarragon chopped
- ☐ 1.5 cups water

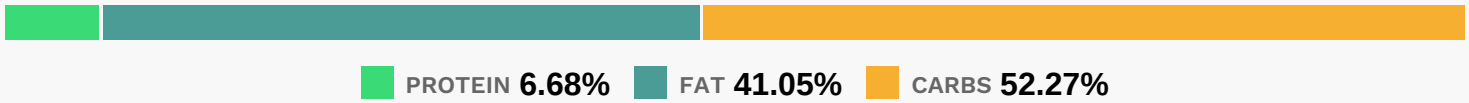
Equipment

- ☐ frying pan

Directions

- ☐ Peel potatoes and halve lengthwise.
- ☐ Bring potatoes, water, oil, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper to a simmer in a 10-inch nonstick skillet, then cover and briskly simmer, shaking skillet occasionally, until potatoes are tender, 10 to 12 minutes.
- ☐ Remove lid and cook, stirring gently, until most of water has evaporated and potatoes are glazed, 1 to 2 minutes more. Stir in herbs.

Nutrition Facts



Properties

Glycemic Index:57.19, Glycemic Load:22.37, Inflammation Score:-5, Nutrition Score:10.850869572681%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg, Kaempferol: 1.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 230.75kcal (11.54%), Fat: 10.8g (16.62%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 27g (9.82%), Sugar: 1.38g (1.53%), Cholesterol: 0mg (0%), Sodium: 16.13mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.91%), Vitamin C: 35.93mg (43.55%), Vitamin B6: 0.56mg (27.82%), Potassium: 778.73mg (22.25%), Manganese: 0.42mg (21.03%), Fiber: 3.94g (15.77%), Vitamin K: 14.36µg (13.67%), Magnesium: 47.21mg (11.8%), Iron: 2mg (11.11%), Copper: 0.22mg (10.78%), Phosphorus: 104.89mg (10.49%), Vitamin E: 1.53mg (10.23%), Vitamin B3: 1.97mg (9.85%), Vitamin B1: 0.14mg (9.58%), Folate: 34.4µg (8.6%), Vitamin B5: 0.52mg (5.15%), Vitamin B2: 0.08mg (4.78%), Calcium: 46.54mg (4.65%), Zinc: 0.59mg (3.94%), Vitamin A: 174.91IU (3.5%), Selenium: 0.71µg (1.02%)