

Garlic Dill New Potatoes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



301 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter melted
- 1 tablespoon optional: dill fresh chopped
- 2 teaspoons garlic minced
- 8 medium potatoes - remove skin red cubed
- 0.3 teaspoon salt

Equipment

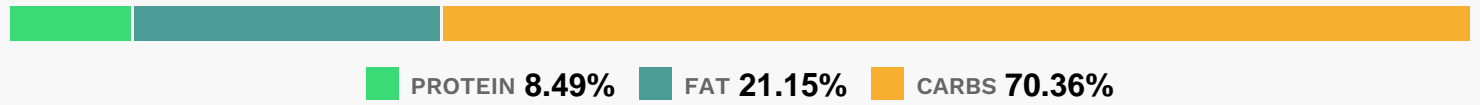
- bowl
- frying pan

steamer basket

Directions

- Place the potatoes in a steamer basket, and set in a pan over an inch of boiling water. Cover, and steam for about 10 minutes, until potatoes are tender but not mushy.
- In a small bowl, stir together the butter, dill, garlic, and salt.
- Transfer the potatoes to a serving bowl, and pour the seasoned butter over them. Toss gently until they are well-coated.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:14.626956638435%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 300.61kcal (15.03%), Fat: 7.3g (11.23%), Saturated Fat: 4.44g (27.74%), Carbohydrates: 54.6g (18.2%), Net Carbohydrates: 48.77g (17.74%), Sugar: 4.41g (4.9%), Cholesterol: 18.06mg (6.02%), Sodium: 231.88mg (10.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.59g (13.18%), Potassium: 1558.08mg (44.52%), Vitamin C: 29.75mg (36.06%), Vitamin B6: 0.59mg (29.73%), Manganese: 0.5mg (25.1%), Fiber: 5.82g (23.28%), Copper: 0.46mg (23.02%), Phosphorus: 211.79mg (21.18%), Vitamin B3: 3.93mg (19.64%), Magnesium: 75.49mg (18.87%), Vitamin B1: 0.28mg (18.59%), Folate: 61.75µg (15.44%), Iron: 2.52mg (13.98%), Vitamin K: 10.49µg (9.99%), Vitamin B5: 0.97mg (9.68%), Zinc: 1.15mg (7.65%), Vitamin B2: 0.11mg (6.47%), Vitamin A: 240.05IU (4.8%), Calcium: 38.51mg (3.85%), Selenium: 1.96µg (2.8%), Vitamin E: 0.23mg (1.53%)