

Garlic New Potatoes

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

Ingredients

- 14 ounce chicken broth with roasted garlic swanson® canned
- 4 cups baby potatoes cut in half

Equipment

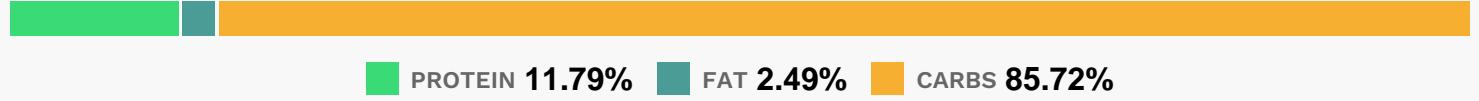
- sauce pan

Directions

- Place broth and potatoes in saucepan.

- Heat to a boil. Cover.
- Cook over low heat 15 minutes or until tender.
- Drain.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:19.18, Inflammation Score:-3, Nutrition Score:7.9330433999067%

Flavonoids

Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 121.45kcal (6.07%), Fat: 0.34g (0.53%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 23.34g (8.49%), Sugar: 1.6g (1.77%), Cholesterol: 1.98mg (0.66%), Sodium: 377.12mg (16.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.33%), Vitamin C: 29.55mg (35.82%), Vitamin B6: 0.44mg (22.13%), Potassium: 649.36mg (18.55%), Manganese: 0.28mg (13.76%), Fiber: 3.3g (13.2%), Vitamin B1: 0.14mg (9.39%), Vitamin B3: 1.8mg (8.99%), Phosphorus: 89.47mg (8.95%), Magnesium: 35.49mg (8.87%), Copper: 0.18mg (8.84%), Iron: 1.24mg (6.89%), Vitamin B2: 0.11mg (6.27%), Folate: 24µg (6%), Vitamin B5: 0.45mg (4.53%), Zinc: 0.5mg (3.36%), Vitamin K: 2.85µg (2.71%), Calcium: 21.97mg (2.2%), Selenium: 0.85µg (1.21%)