



## Garlic New Potatoes with Lemongrass and Mint



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



229 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 cup chicken broth
- ☐ 1 tablespoon ginger grated peeled
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 juice of lime
- ☐ 4 tablespoon lemongrass from the tender bottom part finely minced
- ☐ 1 cup mint leaves in chiffonade

- ☐ 2 pound new potatoes   rinsed cut in half
- ☐ 0.5 teaspoon paprika
- ☐ 6 servings salt and pepper
- ☐ 0.3 cup sesame oil
- ☐ 2 cup water
- ☐ 20 clove garlic cloves   whole peeled

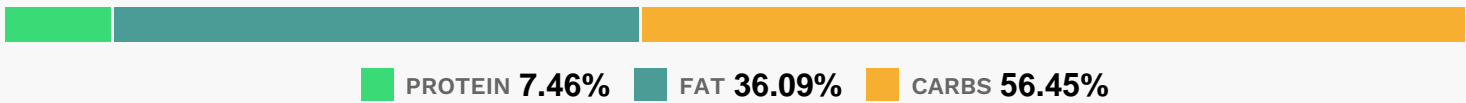
## Equipment

- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ ½ tsp sweet paprikajuce of 3 limes1 cup mint leaves in chiffonade
- ☐ Heat the sesame oil in a large saucepan set over medium–high heat.
- ☐ Add the lemongrass and ginger and cook a few seconds until you can smell them.
- ☐ Add the potatoes and garlic.
- ☐ Let them all cook for several minutes undisturbed. Your goal is to let one side of the potatoes and garlic get quite brown.Once you have achieved this stir the pan and continue cooking until the potatoes begin to soften, stirring once in a while. About 8–10 minutes.Season with salt and pepper. Then carefully add all the stock and about half of the water. Be careful, oil and water may easily splatter and burn you.
- ☐ Add the cayenne, cumin and paprika, stirring to combine the ingredients.Cook until the potatoes are tender. You may need to add the additional water to achieve this.When ready to serve pour the limejuice over everything while the potatoes are still hot. They will absorb more lime flavor this way.
- ☐ Garnish with mint and enjoy.

## Nutrition Facts



## Properties

Glycemic Index:30.13, Glycemic Load:20.31, Inflammation Score:-6, Nutrition Score:11.912608716799%

Flavonoids

Eriodictyol: 2.65mg, Eriodictyol: 2.65mg, Eriodictyol: 2.65mg, Eriodictyol: 2.65mg Hesperetin: 2.11mg, Hesperetin: 2.11mg, Hesperetin: 2.11mg, Hesperetin: 2.11mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 228.56kcal (11.43%), Fat: 9.53g (14.66%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 29.22g (10.63%), Sugar: 1.75g (1.95%), Cholesterol: 0.78mg (0.26%), Sodium: 357.21mg (15.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Vitamin C: 40.01mg (48.5%), Manganese: 0.69mg (34.73%), Vitamin B6: 0.6mg (29.81%), Potassium: 781.36mg (22.32%), Fiber: 4.32g (17.27%), Copper: 0.25mg (12.75%), Magnesium: 49.2mg (12.3%), Iron: 2.2mg (12.25%), Phosphorus: 115.99mg (11.6%), Vitamin B1: 0.16mg (10.89%), Vitamin B3: 1.98mg (9.88%), Folate: 37.36µg (9.34%), Vitamin A: 449.89IU (9%), Vitamin B2: 0.11mg (6.64%), Calcium: 65.03mg (6.5%), Vitamin B5: 0.56mg (5.63%), Zinc: 0.78mg (5.21%), Vitamin K: 4.58µg (4.36%), Selenium: 2.1µg (3.01%), Vitamin E: 0.28mg (1.87%)