



Golden Potatoes with Caper Brown-Butter Crumbs

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



340 kcal

SIDE DISH

Ingredients

- ☐ 2 cups coarse bread crumbs fresh (preferably from a baguette)
- ☐ 0.3 cup capers drained chopped
- ☐ 1 stick butter unsalted
- ☐ 3 pounds yukon gold potatoes peeled halved sliced

Equipment

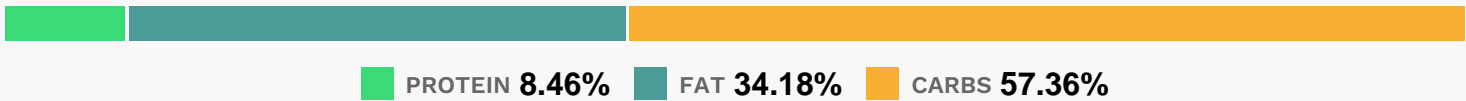
- ☐ frying pan
- ☐ sauce pan

- ☐ oven
- ☐ pot

Directions

- ☐ Put a 4-sided sheet pan in upper third of oven and preheat oven to 425°F.
- ☐ Cover potatoes with 2 inches water in a 5-to 6-quart pot and add 1 tablespoon salt. Simmer until almost tender, about 10 minutes.
- ☐ Drain potatoes well.
- ☐ While potatoes simmer, heat butter in a small saucepan over medium-low heat, swirling pan occasionally, until browned and fragrant, about 5 minutes.
- ☐ Remove from heat and stir in capers. Keep warm, covered.
- ☐ Toss potatoes with 3 tablespoons caper butter, then spread out in hot sheet pan. Stir remaining caper butter into bread crumbs and scatter over potatoes. Roast, turning potatoes once or twice, until potatoes are tender and crumbs are golden, about 20 minutes. Season with salt.
- ☐ Marimar Estate Don Miguel Vineyard '06
- ☐ •Potatoes can be peeled and sliced 1 day ahead and chilled in water. •Potatoes can be parboiled 3 hours ahead. •Bread crumbs can be made 2 days ahead and chilled in a sealable bag. •Caper butter can be made 2 days ahead and chilled. Gently reheat before using.

Nutrition Facts



Properties

Glycemic Index:10.47, Glycemic Load:21.75, Inflammation Score:-6, Nutrition Score:13.638260856919%

Flavonoids

Kaempferol: 8.54mg, Kaempferol: 8.54mg, Kaempferol: 8.54mg, Kaempferol: 8.54mg Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg, Quercetin: 10.63mg

Nutrients (% of daily need)

Calories: 340.16kcal (17.01%), Fat: 13.09g (20.14%), Saturated Fat: 7.64g (47.73%), Carbohydrates: 49.43g (16.48%), Net Carbohydrates: 44.29g (16.11%), Sugar: 3.03g (3.37%), Cholesterol: 30.37mg (10.12%), Sodium: 360.83mg (15.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.58%), Vitamin C: 33.74mg (40.9%), Vitamin

B6: 0.54mg (26.81%), Vitamin B1: 0.4mg (26.59%), Manganese: 0.51mg (25.66%), Potassium: 774.61mg (22.13%), Fiber: 5.13g (20.53%), Vitamin B3: 3.63mg (18.13%), Iron: 2.72mg (15.14%), Phosphorus: 145.44mg (14.54%), Folate: 57.79µg (14.45%), Copper: 0.28mg (13.76%), Magnesium: 52.82mg (13.2%), Selenium: 7.52µg (10.74%), Vitamin B2: 0.18mg (10.33%), Calcium: 75.4mg (7.54%), Vitamin A: 363.93IU (7.28%), Vitamin K: 7.35µg (7%), Vitamin B5: 0.67mg (6.7%), Zinc: 0.92mg (6.1%), Vitamin E: 0.41mg (2.76%), Vitamin B12: 0.12µg (1.98%), Vitamin D: 0.21µg (1.41%)