



WHATSheATE



Hash Brown Fingerling Potatoes Provençale



Vegetarian



Gluten Free

READY IN



32 min.

SERVINGS



10

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1.5 pounds fingerling potatoes unpeeled thinly sliced
- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 teaspoon rosemary fresh finely chopped
- ☐ 1 teaspoon thyme leaves fresh finely chopped
- ☐ 2 large garlic cloves minced
- ☐ 2 green onions thinly sliced

- ☐ 0.3 teaspoon ground sage
- ☐ 1 teaspoon lavender dried
- ☐ 0.8 teaspoon sea salt divided
- ☐ 3 shallots chopped
- ☐ 1 tablespoon butter unsalted

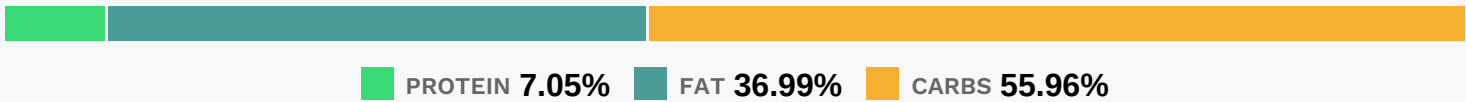
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter with olive oil in a large nonstick skillet over medium-high heat. Stir in potatoes, 1/4 teaspoon salt, and next 3 ingredients. Cover and cook, stirring occasionally, 8 minutes or until potatoes and shallots begin to brown.
- ☐ Remove lid, reduce heat to medium, and saut 12 to 15 minutes or until potatoes are tender. Stir in green onions and next 4 ingredients; saut 2 minutes.
- ☐ Remove pan from heat. Stir in parsley and remaining 1/2 teaspoon salt.

Nutrition Facts



Properties

Glycemic Index:32.28, Glycemic Load:9.13, Inflammation Score:-5, Nutrition Score:5.9660868693305%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 95.34kcal (4.77%), Fat: 4.04g (6.21%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 11.84g (4.3%), Sugar: 1.2g (1.33%), Cholesterol: 3.01mg (1%), Sodium: 180.97mg (7.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin K: 34.42µg (32.78%), Vitamin C: 17.09mg (20.72%), Vitamin B6: 0.24mg (11.92%), Potassium: 331.73mg (9.48%), Fiber: 1.9g (7.59%), Manganese: 0.15mg (7.55%),

Magnesium: 19.23mg (4.81%), Phosphorus: 46.74mg (4.67%), Iron: 0.84mg (4.64%), Copper: 0.09mg (4.46%),
Folate: 17.69µg (4.42%), Vitamin A: 219.53IU (4.39%), Vitamin B1: 0.06mg (4.2%), Vitamin B3: 0.78mg (3.88%),
Vitamin E: 0.47mg (3.16%), Vitamin B5: 0.24mg (2.38%), Calcium: 18.99mg (1.9%), Zinc: 0.27mg (1.79%), Vitamin B2:
0.03mg (1.71%)