



Herb Buttered Potatoes and Corn

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



206 kcal

SIDE DISH

Ingredients

- 2.5 pounds baby potatoes red cut in half
- 2 teaspoons thyme leaves dried
- 6 ears corn ()
- 0.3 cup flat parsley chopped
- 8 servings salt and pepper
- 3 tablespoons butter unsalted

Equipment

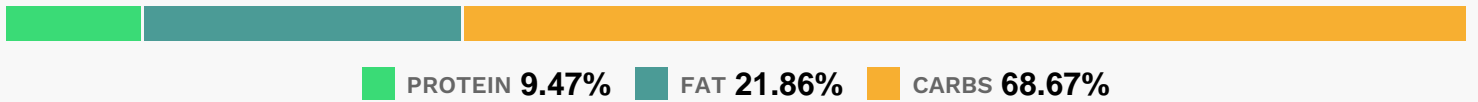
- bowl

- pot
- aluminum foil
- slotted spoon
- chefs knife

Directions

- In a large saucepot, cover potatoes with water and 1 tsp. salt, and bring to a boil. Simmer until potatoes are tender, about 15 minutes. Using a slotted spoon, remove potatoes, put them in a large bowl and set aside; cover with foil to keep warm. Leave water in saucepot.
- Using a sharp chef's knife, slice corn kernels from cobs. Bring potato water back to a boil and add corn. Cook for 1 minute; drain.
- Combine potatoes and corn in a large bowl. Toss with butter and herbs and season with salt and pepper.
- Serve hot.
- Change the herbs. If you don't care for thyme, swap in another herb, such as marjoram or oregano.

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:18.15, Inflammation Score:-7, Nutrition Score:12.496521728194%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 206.2kcal (10.31%), Fat: 5.33g (8.2%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 33.04g (12.02%), Sugar: 5.35g (5.95%), Cholesterol: 11.29mg (3.76%), Sodium: 214.18mg (9.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.39%), Vitamin C: 35.13mg (42.59%), Vitamin K: 38.3µg (36.48%), Vitamin B6: 0.48mg (24.21%), Potassium: 792.73mg (22.65%), Fiber: 4.62g (18.49%), Manganese: 0.35mg

(17.51%), Magnesium: 59.17mg (14.79%), Vitamin B1: 0.22mg (14.75%), Phosphorus: 143.72mg (14.37%), Folate: 54.72µg (13.68%), Vitamin B3: 2.73mg (13.64%), Iron: 1.88mg (10.47%), Copper: 0.2mg (9.77%), Vitamin B5: 0.92mg (9.17%), Vitamin A: 427.71IU (8.55%), Vitamin B2: 0.09mg (5.12%), Zinc: 0.76mg (5.08%), Calcium: 27.05mg (2.71%), Vitamin E: 0.22mg (1.44%), Selenium: 0.9µg (1.28%)