



Herbed Potatoes

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 1 teaspoon chives snipped
- 2 green onions sliced
- 1 tablespoon parsley leaves chopped
- 0.1 teaspoon pepper
- 2 pounds potatoes red
- 0.5 teaspoon salt

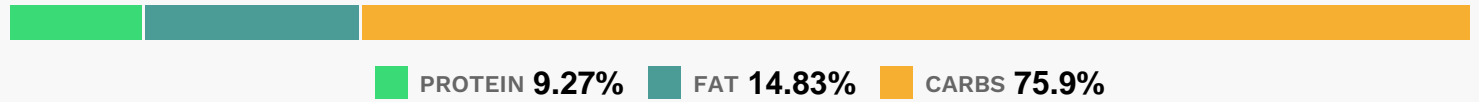
Equipment

- bowl
- frying pan
- peeler

Directions

- Scrub potatoes and peel a ring around centers with a vegetable peeler. Boil 20 minutes.
- Drain and transfer to bowl. Melt the butter in a skillet over medium heat, add the green onions, parsley, chives, salt, and pepper and cook 3 minutes.
- Add to potatoes.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:7.5926088175696%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 124.24kcal (6.21%), Fat: 2.12g (3.26%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 24.41g (8.14%), Net Carbohydrates: 21.7g (7.89%), Sugar: 2.05g (2.28%), Cholesterol: 5.02mg (1.67%), Sodium: 237.04mg (10.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Vitamin K: 24.18µg (23.03%), Potassium: 704.33mg (20.12%), Vitamin C: 14.74mg (17.86%), Vitamin B6: 0.26mg (13.02%), Manganese: 0.23mg (11.35%), Fiber: 2.71g (10.84%), Copper: 0.21mg (10.39%), Phosphorus: 94.82mg (9.48%), Vitamin B3: 1.77mg (8.85%), Magnesium: 34.59mg (8.65%), Vitamin B1: 0.13mg (8.37%), Folate: 31.04µg (7.76%), Iron: 1.21mg (6.74%), Vitamin B5: 0.43mg (4.31%), Zinc: 0.53mg (3.5%), Vitamin A: 172.42IU (3.45%), Vitamin B2: 0.05mg (3.05%), Calcium: 19.94mg (1.99%), Selenium: 0.81µg (1.15%)