



Herbed Potatoes with Sauce

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



300 kcal

SIDE DISH

Ingredients

- 1 tablespoon cornstarch
- 1 teaspoon parsley dried
- 0.3 teaspoon thyme leaves dried
- 7 potatoes quartered
- 14.5 ounce vegetable broth canned
- 2 tablespoons water

Equipment

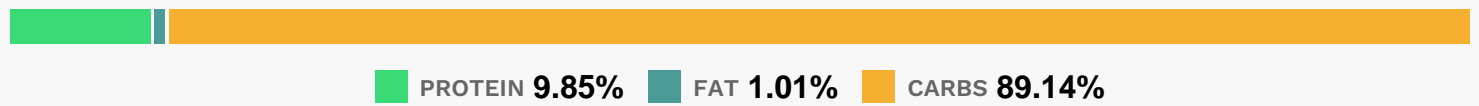
- bowl

pot

Directions

- In a medium pot over medium-high heat combine vegetable broth, thyme, parsley and potatoes. Bring to a boil and reduce heat to low. Cook, covered, for about 10 to 20 minutes, or until potatoes are tender; drain, reserving broth.
- In a small bowl combine cornstarch and water; add to broth and cook, stirring constantly, over medium heat until mixture thickens into a sauce.
- Serve sauce over potatoes.

Nutrition Facts



Properties

Glycemic Index:32.19, Glycemic Load:48.26, Inflammation Score:-7, Nutrition Score:18.68913051486%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg, Kaempferol: 2.98mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 300.02kcal (15%), Fat: 0.34g (0.53%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 68.31g (22.77%), Net Carbohydrates: 60.06g (21.84%), Sugar: 3.78g (4.2%), Cholesterol: 0mg (0%), Sodium: 434.14mg (18.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.55g (15.09%), Vitamin C: 73.49mg (89.08%), Vitamin B6: 1.1mg (55.01%), Potassium: 1570.52mg (44.87%), Fiber: 8.25g (32.99%), Manganese: 0.58mg (28.94%), Magnesium: 86.11mg (21.53%), Phosphorus: 212.96mg (21.3%), Copper: 0.41mg (20.28%), Vitamin B1: 0.3mg (19.9%), Vitamin B3: 3.93mg (19.67%), Iron: 3mg (16.66%), Folate: 59.86µg (14.96%), Vitamin B5: 1.1mg (11.04%), Vitamin K: 8.49µg (8.09%), Zinc: 1.09mg (7.25%), Vitamin B2: 0.12mg (7.07%), Calcium: 46.46mg (4.65%), Vitamin A: 229.21IU (4.58%), Selenium: 1.18µg (1.69%)