

Horseradish Potatoes

 Vegetarian  Gluten Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



203 kcal

SIDE DISH

Ingredients

- 0.3 cup butter cubed
- 1 tablespoon horseradish prepared
- 2 teaspoons juice of lemon
- 0.1 teaspoon pepper
- 1.3 pounds potatoes – remove skin red
- 0.5 teaspoon salt

Equipment

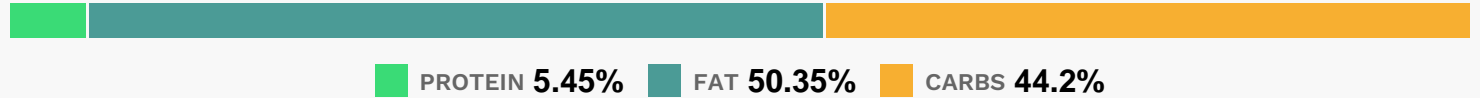
- microwave

Directions

Place butter in an ungreased microwave-safe 1-qt. dish. Microwave, uncovered, on high for 30 seconds or until melted. Stir in horseradish, lemon juice, salt, pepper and potatoes. Cover and microwave on high for 7-1/2 minutes, stirring once.

Let stand for 2 minutes. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.12, Inflammation Score:-4, Nutrition Score:6.7056521760381%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 203.45kcal (10.17%), Fat: 11.74g (18.06%), Saturated Fat: 7.35g (45.92%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 20.63g (7.5%), Sugar: 2.2g (2.44%), Cholesterol: 30.5mg (10.17%), Sodium: 423.21mg (18.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Potassium: 661.05mg (18.89%), Vitamin C: 14.09mg (17.08%), Vitamin B6: 0.25mg (12.27%), Manganese: 0.21mg (10.68%), Fiber: 2.56g (10.23%), Copper: 0.19mg (9.68%), Phosphorus: 91.33mg (9.13%), Vitamin B3: 1.65mg (8.26%), Magnesium: 32.75mg (8.19%), Vitamin B1: 0.12mg (7.77%), Vitamin A: 365.03IU (7.3%), Folate: 28.59µg (7.15%), Iron: 1.06mg (5.91%), Vitamin K: 5.25µg (5%), Vitamin B5: 0.42mg (4.19%), Zinc: 0.51mg (3.43%), Vitamin B2: 0.05mg (2.95%), Vitamin E: 0.35mg (2.32%), Calcium: 20.29mg (2.03%), Selenium: 0.96µg (1.37%)