



Lemon-Basil Potatoes

 Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



261 kcal

SIDE DISH

Ingredients

- ☐ 16 baby new potatoes halved
- ☐ 0.3 teaspoon pepper black freshly ground for seasoning
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 1 teaspoon kosher salt for seasoning
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 teaspoon lemon zest
- ☐ 2 cups chicken stock see low-sodium
- ☐ 2 tablespoons olive oil extra-virgin

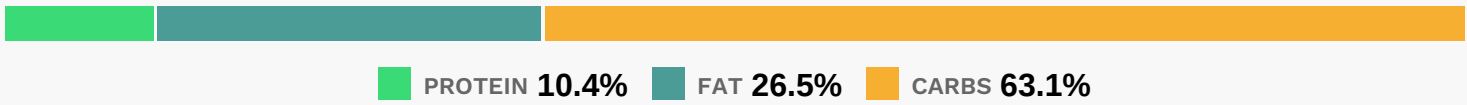
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place the potatoes, chicken stock, lemon juice, 2 tablespoons olive oil, 1 teaspoon salt, and 1/4 teaspoon black pepper in a medium saucepan. Bring to a boil over medium-high heat. Reduce the heat and simmer until the potatoes are tender, about 20 to 25 minutes.
- ☐ Drain the potatoes and place in a serving bowl.
- ☐ Drizzle with the remaining olive oil.
- ☐ Add the lemon zest and 3 tablespoons of the basil. Toss well and garnish with the remaining chopped basil.

Nutrition Facts



Properties

Glycemic Index:46.44, Glycemic Load:28.67, Inflammation Score:-5, Nutrition Score:14.110000009122%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 260.84kcal (13.04%), Fat: 8g (12.3%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 42.85g (14.28%), Net Carbohydrates: 37.72g (13.72%), Sugar: 2.7g (2.99%), Cholesterol: 0mg (0%), Sodium: 630.77mg (27.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.12%), Vitamin C: 56.85mg (68.9%), Vitamin B6: 0.69mg (34.51%), Potassium: 1083.01mg (30.94%), Fiber: 5.13g (20.51%), Vitamin B3: 4.02mg (20.11%), Manganese: 0.38mg (19.05%), Phosphorus: 166.62mg (16.66%), Copper: 0.32mg (15.77%), Vitamin K: 14.9µg (14.19%), Magnesium: 55.79mg (13.95%), Vitamin B1: 0.19mg (12.5%), Iron: 2.13mg (11.82%), Folate: 43.05µg (10.76%), Vitamin E: 1.09mg

(7.27%), Vitamin B5: 0.71mg (7.09%), Vitamin B2: 0.11mg (6.67%), Zinc: 0.8mg (5.33%), Calcium: 37.74mg (3.77%),
Vitamin B12: 0.12µg (1.97%), Vitamin A: 86.37IU (1.73%), Selenium: 0.72µg (1.03%)