



Lemon-Buttered New Potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



12

CALORIES



154 kcal

SIDE DISH

Ingredients

- 6 tablespoons butter melted
- 3 tablespoons parsley fresh chopped
- 3 tablespoons juice of lemon fresh
- 1.5 teaspoons lemon rind grated
- 3.5 pounds new potatoes quartered
- 0.5 teaspoon pepper
- 0.8 teaspoon salt

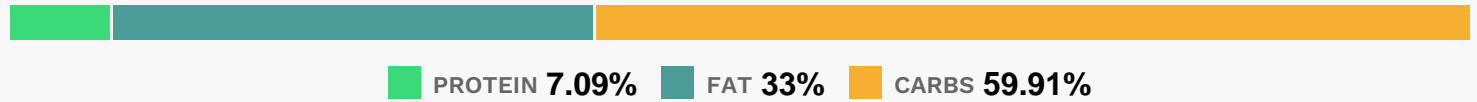
Equipment

- oven
- roasting pan

Directions

- Cook potatoes in boiling water to cover 10 minutes or until tender; drain carefully, leaving skins intact. Cover and leave at room temperature up to 2 hours, if desired.
- Stir together butter and next 5 ingredients; pour butter mixture over potatoes, tossing gently to coat.
- Note: Potatoes may be placed in the roasting pan with the beef tenderloin and baked. After removing the tenderloin, bake potatoes 5 to 10 more minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:12.31, Glycemic Load:16.94, Inflammation Score:-5, Nutrition Score:7.9260868426898%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 153.71kcal (7.69%), Fat: 5.77g (8.88%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 23.59g (7.86%), Net Carbohydrates: 20.59g (7.49%), Sugar: 1.15g (1.27%), Cholesterol: 0mg (0%), Sodium: 219.92mg (9.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin C: 29.18mg (35.37%), Vitamin B6: 0.39mg (19.71%), Vitamin K: 19.05µg (18.14%), Potassium: 570.85mg (16.31%), Fiber: 3g (12.01%), Manganese: 0.22mg (10.77%), Magnesium: 31.55mg (7.89%), Phosphorus: 78.06mg (7.81%), Copper: 0.15mg (7.32%), Vitamin B1: 0.11mg (7.24%), Vitamin B3: 1.41mg (7.07%), Vitamin A: 338.08IU (6.76%), Iron: 1.11mg (6.16%), Folate: 23.55µg (5.89%), Vitamin B5: 0.41mg (4.08%), Vitamin B2: 0.05mg (2.75%), Zinc: 0.4mg (2.65%), Calcium: 20.37mg (2.04%), Vitamin E: 0.24mg (1.63%)