



Marinated new potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



20

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 3 kg baby potatoes halved
- ☐ 1 bottle wine dry white
- ☐ 4 shallots finely sliced
- ☐ 1 tbsp sugar
- ☐ 4 tbsp citrus champagne vinegar
- ☐ 4 tbsp olive oil extra virgin extra-virgin
- ☐ 2 handfuls parsley roughly chopped

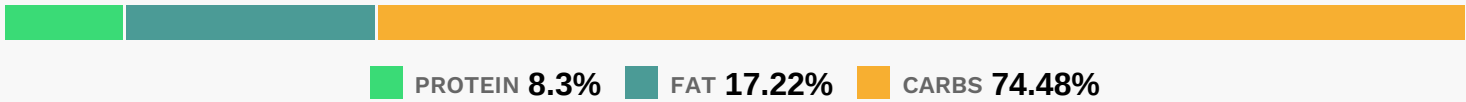
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Tip the potatoes into a large pan and cook in boiling salted water for 10–15 mins until tender. While the potatoes are cooking, tip the wine, shallots and sugar into a saucepan, then boil for 10 mins until reduced by half. Tip in the vinegar and olive oil, then bring to the boil until the oil has become incorporated into the dressing.
- ☐ Pour half the dressing over the warm potatoes and leave to cool. Stir through the remaining dressing and parsley before serving.

Nutrition Facts



Properties

Glycemic Index:11.54, Glycemic Load:19.96, Inflammation Score:-4, Nutrition Score:8.5378261156704%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 177.62kcal (8.88%), Fat: 2.95g (4.53%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 28.65g (9.55%), Net Carbohydrates: 25.18g (9.16%), Sugar: 2.53g (2.81%), Cholesterol: 0mg (0%), Sodium: 12mg (0.52%), Alcohol: 3.86g (100%), Alcohol %: 2.46% (100%), Protein: 3.19g (6.39%), Vitamin C: 30.5mg (36.97%), Vitamin B6: 0.48mg (23.94%), Potassium: 678.24mg (19.38%), Manganese: 0.29mg (14.5%), Fiber: 3.47g (13.89%), Vitamin K: 11.29µg (10.75%), Magnesium: 39.62mg (9.9%), Phosphorus: 95.72mg (9.57%), Copper: 0.17mg (8.44%), Vitamin B1: 0.13mg (8.35%), Vitamin B3: 1.64mg (8.18%), Iron: 1.39mg (7.7%), Folate: 26.68µg (6.67%), Vitamin B5: 0.48mg (4.77%), Zinc: 0.51mg (3.37%), Vitamin B2: 0.06mg (3.24%), Vitamin E: 0.42mg (2.82%), Calcium: 23.99mg (2.4%)