



New Potatoes in Butter



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



136 kcal

SIDE DISH

Ingredients



1 tablespoon juice of lemon



0.8 pound new potatoes



0.5 teaspoon salt



1 tablespoon teaspoon thyme dried fresh chopped

Equipment

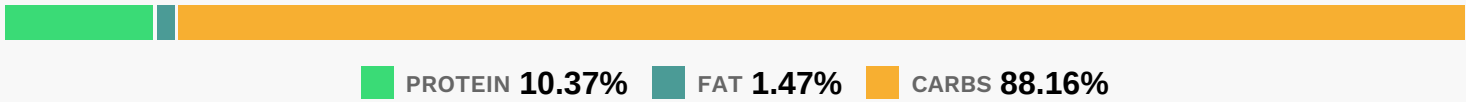


sauce pan

Directions

- ☐ Wash new potatoes; cut a strip around center of each potato, if desired. Cover potatoes with water in a saucepan; bring to a boil. Cover saucepan, and cook 15 to 20 minutes or until done; drain. Cook butter, lemon juice, thyme, and in a saucepan until butter melts.
- ☐ Remove from heat; add potatoes, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:64.38, Glycemic Load:21.92, Inflammation Score:-10, Nutrition Score:9.7456522480301%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 136.16kcal (6.81%), Fat: 0.23g (0.35%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 31.09g (10.36%), Net Carbohydrates: 26.83g (9.76%), Sugar: 1.52g (1.68%), Cholesterol: 0mg (0%), Sodium: 591.97mg (25.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.31%), Vitamin C: 42.02mg (50.93%), Vitamin B6: 0.52mg (25.87%), Potassium: 745.27mg (21.29%), Fiber: 4.25g (17.02%), Manganese: 0.32mg (16.14%), Magnesium: 45.19mg (11.3%), Iron: 1.95mg (10.82%), Copper: 0.2mg (10.24%), Phosphorus: 101.27mg (10.13%), Vitamin B3: 1.86mg (9.32%), Vitamin B1: 0.14mg (9.3%), Folate: 30.29µg (7.57%), Vitamin B5: 0.53mg (5.28%), Vitamin B2: 0.07mg (4.24%), Zinc: 0.56mg (3.75%), Calcium: 35.4mg (3.54%), Vitamin A: 170.14IU (3.4%), Vitamin K: 3.23µg (3.08%)