



New Potatoes In Seasoned Butter

 Vegetarian  Gluten Free  Low Fod Map

READY IN



11 min.

SERVINGS



4

CALORIES



107 kcal

SIDE DISH

Ingredients

- 3 tablespoons parsley fresh chopped
- 1 tablespoon butter light
- 1.5 teaspoons juice of lime
- 1 pound new potatoes unpeeled quartered
- 0.8 teaspoon paprika
- 0.5 teaspoon salt

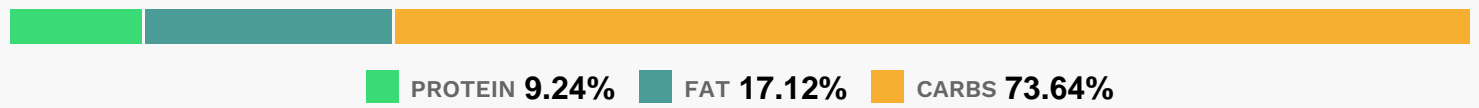
Equipment

- bowl

Directions

- Steam potatoes, covered, 6 minutes or until tender.
- Transfer to a large serving bowl, and keep warm.
- Combine butter and next 3 ingredients in a small bowl; stir well.
- Add to potatoes, and toss gently.
- Sprinkle potatoes with parsley, and toss again.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32.69, Glycemic Load:14.54, Inflammation Score:-5, Nutrition Score:8.8226086056751%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 107.39kcal (5.37%), Fat: 2.1g (3.24%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 20.36g (6.79%), Net Carbohydrates: 17.63g (6.41%), Sugar: 0.98g (1.09%), Cholesterol: 3.71mg (1.24%), Sodium: 300.72mg (13.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.11%), Vitamin K: 51.83µg (49.37%), Vitamin C: 26.9mg (32.6%), Vitamin B6: 0.35mg (17.32%), Potassium: 507.31mg (14.49%), Fiber: 2.73g (10.93%), Vitamin A: 500.06IU (10%), Manganese: 0.19mg (9.27%), Magnesium: 28.58mg (7.15%), Phosphorus: 69.01mg (6.9%), Iron: 1.19mg (6.62%), Copper: 0.13mg (6.52%), Vitamin B3: 1.28mg (6.38%), Vitamin B1: 0.1mg (6.36%), Folate: 23.11µg (5.78%), Vitamin B5: 0.36mg (3.59%), Vitamin B2: 0.05mg (2.74%), Zinc: 0.39mg (2.59%), Calcium: 20.73mg (2.07%), Vitamin E: 0.2mg (1.35%)