



New Potatoes with Black Peppercorn Butter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



288 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons peppercorns whole black
- ☐ 0.3 cup brandy
- ☐ 0.5 cup butter room temperature (1 stick)
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 2 spring onion thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 14.5 ounce chicken broth canned
- ☐ 2 pounds potatoes – remove skin

☐ 1 tablespoon shallots chopped

Equipment

☐ bowl

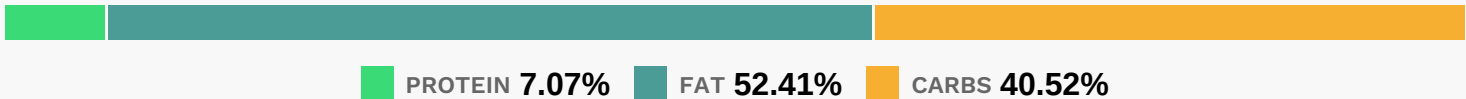
☐ sauce pan

☐ pot

Directions

- ☐ Combine broth and peppercorns in small saucepan. Cover and simmer 30 minutes. Uncover and simmer until mixture is reduced to 1/4 cup, about 15 minutes.
- ☐ Add brandy; simmer until mixture is reduced to 3 tablespoons, about 10 minutes. Cool. Blend peppercorn mixture, butter, lemon juice, shallot and thyme in processor until peppercorns are finely chopped. (Can be made 2 days ahead. Chill. Use at room temperature.)
- ☐ Cook potatoes in pot of boiling salted water until tender, about 25 minutes.
- ☐ Drain. Quarter potatoes.
- ☐ Place in large bowl.
- ☐ Add onions and 1/4 cup peppercorn butter (reserve remaining peppercorn butter for another use); toss gently. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.56, Inflammation Score:-7, Nutrition Score:10.355652249378%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 287.82kcal (14.39%), Fat: 16.1g (24.77%), Saturated Fat: 9.95g (62.19%), Carbohydrates: 28.01g (9.34%), Net Carbohydrates: 24.37g (8.86%), Sugar: 2.42g (2.69%), Cholesterol: 40.67mg (13.56%), Sodium: 171.09mg (7.44%), Alcohol: 3.34g (100%), Alcohol %: 1.61% (100%), Protein: 4.89g (9.77%), Manganese: 0.66mg (32.88%), Potassium: 819.69mg (23.42%), Vitamin C: 16.36mg (19.83%), Vitamin K: 19.46µg (18.53%), Copper: 0.29mg (14.57%), Fiber: 3.63g (14.53%), Vitamin B6: 0.29mg (14.3%), Vitamin B3: 2.76mg (13.79%), Phosphorus: 126.22mg (12.62%), Vitamin A: 557.63IU (11.15%), Magnesium: 42.01mg (10.5%), Iron: 1.72mg (9.56%), Vitamin B1: 0.13mg (8.81%), Folate: 32.63µg (8.16%), Vitamin B2: 0.09mg (5.07%), Vitamin B5: 0.5mg (5.05%), Zinc: 0.66mg (4.39%), Calcium: 42.31mg (4.23%), Vitamin E: 0.52mg (3.46%), Vitamin B12: 0.1µg (1.68%), Selenium: 1.16µg (1.65%)