



## New Potatoes With Chipotle Ketchup

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



240 kcal

SIDE DISH

### Ingredients

- 1 teaspoon balsamic vinegar
- 1 chipotle chile with adobo canned
- 4 servings panko-crusted oven-"fried" fish
- 2 garlic cloves smashed
- 1.5 pounds new potatoes
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 1 cup sun-dried tomatoes (packed in oil)

1 cup water boiling

## Equipment

food processor

sauce pan

oven

pot

## Directions

Pour boiling water over sun-dried tomatoes, and submerge until softened (about 20 minutes); drain and rinse. Put new potatoes in a large, deep pot; cover with cold water.

Add salt; bring to a boil. Continue boiling until potatoes are done (about 20 minutes). Put olive oil in a small saucepan over medium-low heat.

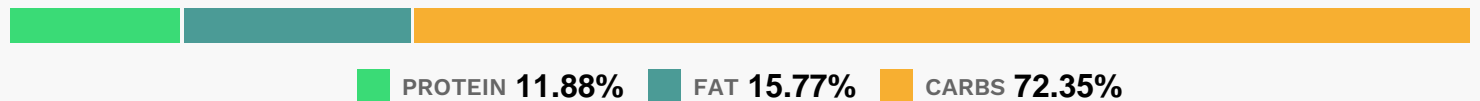
Add garlic; cook until very soft (about 5 minutes).

Let cool slightly, then put in a food processor with the drained tomatoes, balsamic vinegar, and chipotle chile with adobo. Pure until smooth, adding water a little at a time to reach the consistency of ketchup.

Drain potatoes well; when cool enough to handle, cut them in half.

Serve potatoes with ketchup and Panko-Crusted Oven-"Fried" Fish.

## Nutrition Facts



## Properties

Glycemic Index:48.44, Glycemic Load:25.59, Inflammation Score:-6, Nutrition Score:17.982608627366%

## Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

## Nutrients (% of daily need)

Calories: 239.66kcal (11.98%), Fat: 4.49g (6.91%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 46.4g (15.47%), Net Carbohydrates: 38.86g (14.13%), Sugar: 12.12g (13.47%), Cholesterol: 0.5mg (0.17%), Sodium: 334.44mg (14.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.23%), Vitamin C: 44.76mg (54.25%), Potassium: 1669.89mg (47.71%), Manganese: 0.8mg (39.79%), Vitamin B6: 0.61mg (30.67%), Fiber: 7.53g (30.12%), Copper: 0.59mg (29.47%), Magnesium: 93.87mg (23.47%), Iron: 3.98mg (22.1%), Vitamin B3: 4.33mg (21.66%), Phosphorus: 199.09mg (19.91%), Vitamin B1: 0.28mg (18.98%), Vitamin K: 17.2µg (16.38%), Folate: 46.2µg (11.55%), Vitamin B2: 0.19mg (11.25%), Vitamin B5: 1.09mg (10.91%), Zinc: 1.07mg (7.13%), Calcium: 55.8mg (5.58%), Vitamin A: 244.07IU (4.88%), Selenium: 2.65µg (3.79%), Vitamin E: 0.53mg (3.53%)