



WHATSheATE



New Potatoes with Chives



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



22 min.

SERVINGS



8

CALORIES



89 kcal

SIDE DISH

Ingredients



2 tablespoons chives fresh chopped



0.3 teaspoon ground pepper



2 teaspoons olive oil



2 pounds round potatoes red quartered



0.5 teaspoon salt

Equipment



bowl

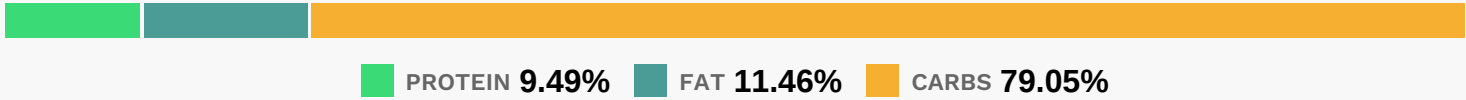


steamer basket

Directions

- ☐ Arrange potato in a steamer basket over boiling water. Cover and steam 17 minutes or until tender.
- ☐ Place potato in a large bowl.
- ☐ Drizzle with olive oil, and sprinkle with chives, salt, and pepper, tossing well.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:4.9630434875903%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 88.6kcal (4.43%), Fat: 1.17g (1.79%), Saturated Fat: 0.18g (1.12%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 16.14g (5.87%), Sugar: 1.48g (1.64%), Cholesterol: 0mg (0%), Sodium: 165.81mg (7.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.35%), Potassium: 519.05mg (14.83%), Vitamin C: 10.19mg (12.35%), Vitamin B6: 0.19mg (9.7%), Manganese: 0.17mg (8.55%), Fiber: 1.96g (7.85%), Copper: 0.15mg (7.7%), Phosphorus: 69.71mg (6.97%), Vitamin B3: 1.31mg (6.54%), Magnesium: 25.37mg (6.34%), Vitamin B1: 0.09mg (6.17%), Vitamin K: 5.59µg (5.32%), Folate: 21.21µg (5.3%), Iron: 0.85mg (4.74%), Vitamin B5: 0.32mg (3.2%), Zinc: 0.38mg (2.53%), Vitamin B2: 0.04mg (2.13%), Calcium: 12.41mg (1.24%), Vitamin E: 0.16mg (1.05%)