



New potatoes with cornichons & cream

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



209 kcal

SIDE DISH

Ingredients

- ☐ 500 g baby potatoes
- ☐ 500 ml chicken stock see
- ☐ 200 ml double cream
- ☐ 2 tbsp pickled cucumbers / gherkins sliced
- ☐ 1 small handful parsley finely chopped

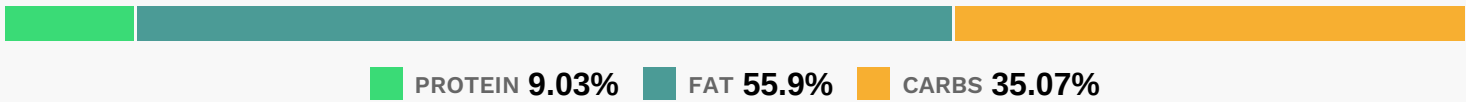
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cook the potatoes in boiling salted water until tender.
- ☐ Drain and allow to cool on a tray (not under running water.) When cool enough to handle, cut in half or quarters, depending on size.
- ☐ In a saucepan, reduce the chicken stock by two-thirds.
- ☐ Pour in the double cream and reduce by half.
- ☐ Add the cornichons, parsley and some salt if needed, then add the potatoes. Coat the potatoes in the sauce and serve in a bowl.

Nutrition Facts



Properties

Glycemic Index:19.29, Glycemic Load:10.66, Inflammation Score:-5, Nutrition Score:7.5191303802573%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 209.39kcal (10.47%), Fat: 13.21g (20.32%), Saturated Fat: 8.01g (50.06%), Carbohydrates: 18.65g (6.22%), Net Carbohydrates: 16.73g (6.09%), Sugar: 3.02g (3.36%), Cholesterol: 40.43mg (13.48%), Sodium: 194.83mg (8.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Vitamin C: 17.72mg (21.48%), Vitamin B6: 0.31mg (15.51%), Vitamin K: 16.07µg (15.31%), Potassium: 476.28mg (13.61%), Vitamin A: 562.7IU (11.25%), Vitamin B3: 2.24mg (11.22%), Vitamin B2: 0.16mg (9.57%), Phosphorus: 90.85mg (9.08%), Fiber: 1.91g (7.66%), Copper: 0.14mg (7.23%), Vitamin B1: 0.1mg (6.9%), Manganese: 0.13mg (6.47%), Magnesium: 25.43mg (6.36%), Iron: 0.92mg (5.12%), Folate: 19.96µg (4.99%), Selenium: 3.12µg (4.45%), Vitamin D: 0.54µg (3.58%), Calcium: 35.59mg (3.56%), Vitamin B5: 0.34mg (3.37%), Zinc: 0.45mg (2.99%), Vitamin E: 0.35mg (2.34%)