



New Potatoes with Dill Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



8

CALORIES



141 kcal

SIDE DISH

Ingredients

- 1 tablespoon caraway seeds crushed toasted
- 2 tablespoons optional: dill fresh packed plus more for garnish coarsely chopped ()
- 8 servings pepper freshly ground
- 2 pounds baby potatoes
- 0.3 cup butter unsalted room temperature ()

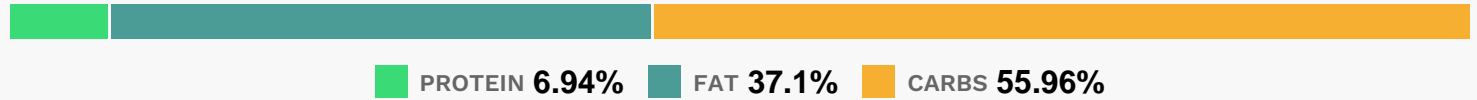
Equipment

- bowl
- pot

Directions

- Mash butter and 2 tablespoons dill in a small bowl. Season dill butter with salt and pepper. DO AHEAD: Can be made 1 week ahead. Cover and chill.
- Place potatoes in a large pot. Cover with cold water by 1"; season with salt. Bring to a boil; reduce heat to medium and simmer gently until tender, 10–12 minutes.
- Drain.
- Transfer hot potatoes to a medium bowl; add dill butter and 1 tablespoon water. Toss, adding water by teaspoonsfuls as needed, until butter lightly coats potatoes with a glossy sauce. Season with salt and pepper and transfer to a serving bowl.
- Garnish with more dill and caraway seeds, if desired.

Nutrition Facts



Properties

Glycemic Index: 16.34, Glycemic Load: 14.52, Inflammation Score: -3, Nutrition Score: 6.2139130318942%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 140.97kcal (7.05%), Fat: 5.97g (9.18%), Saturated Fat: 3.68g (23%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 17.45g (6.35%), Sugar: 0.89g (0.99%), Cholesterol: 15.25mg (5.08%), Sodium: 7.79mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Vitamin C: 22.58mg (27.37%), Vitamin B6: 0.34mg (16.9%), Potassium: 491.31mg (14.04%), Fiber: 2.81g (11.23%), Manganese: 0.2mg (9.88%), Magnesium: 28.38mg (7.1%), Phosphorus: 70.82mg (7.08%), Copper: 0.13mg (6.6%), Vitamin B1: 0.09mg (6.27%), Vitamin B3: 1.23mg (6.14%), Iron: 1.02mg (5.69%), Folate: 18.6µg (4.65%), Vitamin A: 190.53IU (3.81%), Vitamin B5: 0.35mg (3.45%), Vitamin K: 2.81µg (2.68%), Zinc: 0.38mg (2.52%), Vitamin B2: 0.04mg (2.47%), Calcium: 21.13mg (2.11%), Vitamin E: 0.2mg (1.3%)