



New potatoes with lemon & chive butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



167 kcal

SIDE DISH

Ingredients

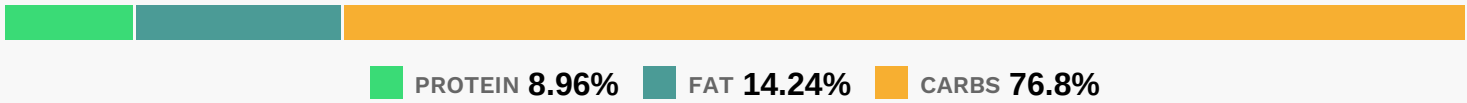
- ☐ 25 g butter softened
- ☐ 1 tbsp chives snipped
- ☐ 0.5 lemon zest
- ☐ 1.5 kg baby potatoes

Equipment

Directions

Blend the butter with the chives and lemon zest. Boil the potatoes in salted water until tender, drain and tip into a serving dish. Top with the butter.

Nutrition Facts



Properties

Glycemic Index:22.34, Glycemic Load:23.98, Inflammation Score:-4, Nutrition Score:9.4717391716397%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 167.07kcal (8.35%), Fat: 2.71g (4.16%), Saturated Fat: 1.66g (10.35%), Carbohydrates: 32.83g (10.94%), Net Carbohydrates: 28.66g (10.42%), Sugar: 1.49g (1.65%), Cholesterol: 6.72mg (2.24%), Sodium: 31.38mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Vitamin C: 37.64mg (45.62%), Vitamin B6: 0.55mg (27.72%), Potassium: 791.84mg (22.62%), Fiber: 4.17g (16.7%), Manganese: 0.29mg (14.41%), Magnesium: 43.4mg (10.85%), Phosphorus: 107.89mg (10.79%), Copper: 0.2mg (10.17%), Vitamin B1: 0.15mg (10.04%), Vitamin B3: 1.98mg (9.91%), Iron: 1.47mg (8.18%), Folate: 30.54µg (7.63%), Vitamin B5: 0.56mg (5.61%), Vitamin K: 4.58µg (4.36%), Zinc: 0.55mg (3.66%), Vitamin B2: 0.06mg (3.63%), Calcium: 24.1mg (2.41%), Vitamin A: 98.36IU (1.97%)