



New Potatoes with Oregano (Patate Ariganate)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



375 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baby new potatoes cut in half
- ☐ 3 cloves garlic thinly sliced
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 1 onion paper-thin spanish sliced
- ☐ 1 bunch oregano fresh
- ☐ 4 servings sea salt and pepper
- ☐ 0.3 cup water

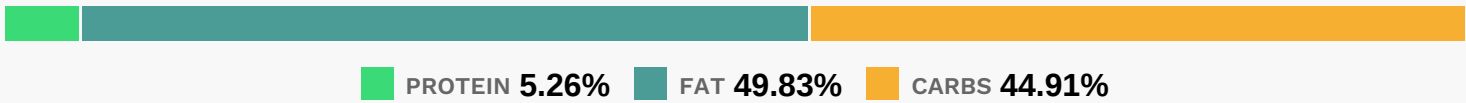
Equipment

☐ frying pan

Directions

- ☐ In a 12 to 14-inch saute pan, heat the oil until almost smoking.
- ☐ Add the potatoes and cook for 10 minutes, until light golden brown.
- ☐ Add the onion, garlic, salt and pepper and cook for 15 minutes. Spritz the pan with water and allow it to evaporate.
- ☐ Add the oregano, toss for 1 minute and serve immediately.;

Nutrition Facts



Properties

Glycemic Index:36.44, Glycemic Load:29.78, Inflammation Score:-6, Nutrition Score:13.810869592687%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg

Nutrients (% of daily need)

Calories: 375.29kcal (18.76%), Fat: 21.25g (32.7%), Saturated Fat: 2.97g (18.59%), Carbohydrates: 43.11g (14.37%), Net Carbohydrates: 37.5g (13.64%), Sugar: 2.97g (3.3%), Cholesterol: 0mg (0%), Sodium: 210.1mg (9.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.1%), Vitamin C: 47.42mg (57.48%), Vitamin B6: 0.73mg (36.63%), Potassium: 1007.38mg (28.78%), Fiber: 5.61g (22.44%), Manganese: 0.43mg (21.65%), Vitamin E: 3.1mg (20.66%), Vitamin K: 18.65µg (17.77%), Phosphorus: 141.06mg (14.11%), Magnesium: 56.3mg (14.08%), Copper: 0.27mg (13.32%), Vitamin B1: 0.2mg (13.27%), Vitamin B3: 2.45mg (12.25%), Iron: 2.08mg (11.53%), Folate: 42.17µg (10.54%), Vitamin B5: 0.72mg (7.21%), Zinc: 0.74mg (4.93%), Vitamin B2: 0.08mg (4.93%), Calcium: 42.38mg (4.24%), Selenium: 1.15µg (1.64%)