



New Potatoes with Parsley and Saffron

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



29 min.

SERVINGS



4

CALORIES



115 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup parsley fresh chopped
- 2 garlic cloves minced
- 1 tablespoon olive oil extra-virgin
- 1 pound potatoes red
- 1 Dash saffron threads
- 0.5 teaspoon sea salt
- 0.5 cup water

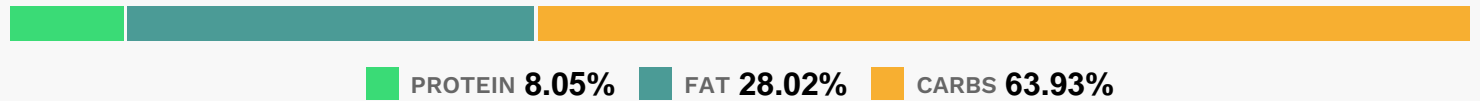
Equipment

- sauce pan
- knife

Directions

- Combine all ingredients in a medium saucepan over medium-high heat. Bring mixture to a boil. Cover and reduce heat to medium-low; cook 20 minutes or until potatoes are tender when pierced with a knife.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:8.9034783684689%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 115.31kcal (5.77%), Fat: 3.72g (5.72%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 19.09g (6.36%), Net Carbohydrates: 16.93g (6.16%), Sugar: 1.51g (1.68%), Cholesterol: 0mg (0%), Sodium: 315.42mg (13.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.81%), Vitamin K: 67.33µg (64.12%), Vitamin C: 15.41mg (18.68%), Potassium: 550.48mg (15.73%), Manganese: 0.29mg (14.73%), Vitamin B6: 0.22mg (10.9%), Fiber: 2.16g (8.62%), Copper: 0.17mg (8.56%), Phosphorus: 74.67mg (7.47%), Magnesium: 28.59mg (7.15%), Vitamin B3: 1.37mg (6.85%), Folate: 26.43µg (6.61%), Vitamin B1: 0.1mg (6.58%), Vitamin A: 326.67IU (6.53%), Iron: 1.16mg (6.44%), Vitamin E: 0.55mg (3.65%), Vitamin B5: 0.34mg (3.44%), Zinc: 0.44mg (2.94%), Vitamin B2: 0.04mg (2.45%), Calcium: 21.72mg (2.17%), Selenium: 0.81µg (1.16%)