



Pan-Roasted New Potatoes with Asparagus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus trimmed cut into 3-inch pieces
- ☐ 0.5 teaspoon ground pepper
- ☐ 1.5 pounds new potatoes scrubbed
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 teaspoon salt

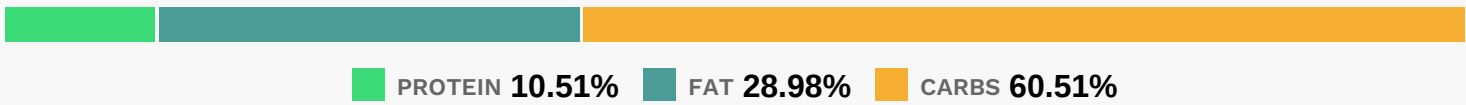
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400.In a large ovenproof skillet with a lid, heat the olive oil over high heat.
- ☐ Add the potatoes, salt, and pepper. Cook the potatoes until golden, stirring occasionally, about 7 minutes. Cover the skillet and place in the oven until the potatoes are fork tender, about 25 minutes.
- ☐ Add the asparagus to the skillet and roast uncovered for 10 to 13 minutes.
- ☐ Remove from the oven and serve with the Sole with Almond and Wine Sauce.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:22.43, Inflammation Score:-8, Nutrition Score:17.544782680014%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg, Kaempferol: 2.94mg Quercetin: 17.04mg, Quercetin: 17.04mg, Quercetin: 17.04mg, Quercetin: 17.04mg

Nutrients (% of daily need)

Calories: 216.16kcal (10.81%), Fat: 7.3g (11.23%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 34.28g (11.43%), Net Carbohydrates: 28.09g (10.21%), Sugar: 3.46g (3.84%), Cholesterol: 0mg (0%), Sodium: 594.03mg (25.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.91%), Vitamin K: 55.03µg (52.41%), Vitamin C: 39.86mg (48.31%), Vitamin B6: 0.61mg (30.29%), Potassium: 948.69mg (27.11%), Fiber: 6.19g (24.75%), Manganese: 0.47mg (23.64%), Folate: 86.23µg (21.56%), Iron: 3.82mg (21.23%), Copper: 0.4mg (20.09%), Vitamin B1: 0.3mg (19.9%), Vitamin A: 862.06IU (17.24%), Phosphorus: 156.32mg (15.63%), Vitamin E: 2.31mg (15.39%), Vitamin B3: 2.9mg (14.52%), Magnesium: 55.44mg (13.86%), Vitamin B2: 0.21mg (12.63%), Vitamin B5: 0.82mg (8.18%), Zinc: 1.11mg (7.4%), Calcium: 49.16mg (4.92%), Selenium: 3.13µg (4.47%)