

Parsley Potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 10 baby potatoes
- ☐ 4 servings salt and pepper

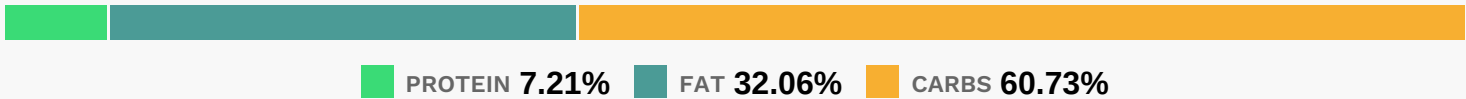
Equipment

- ☐ dutch oven

Directions

- ☐ Add 1 inch of water to Dutch oven. Cover and heat to boiling over high heat.
- ☐ Add potatoes. Cover and heat to boiling, reduce heat. Cook covered 20 to 25 minutes or until tender; drain and return to Dutch oven.
- ☐ Drizzle butter over potatoes.
- ☐ Sprinkle with parsley, 1/4 teaspoon salt and 1/8 teaspoon pepper. Stir gently to coat potatoes.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:17.91, Inflammation Score:-5, Nutrition Score:8.1199999837124%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 158.49kcal (7.92%), Fat: 5.77g (8.88%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 21.47g (7.81%), Sugar: 1.1g (1.22%), Cholesterol: 0mg (0%), Sodium: 268.76mg (11.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Vitamin C: 28.92mg (35.06%), Vitamin B6: 0.41mg (20.73%), Vitamin K: 19.06µg (18.15%), Potassium: 597.92mg (17.08%), Fiber: 3.11g (12.45%), Manganese: 0.22mg (10.81%), Magnesium: 32.92mg (8.23%), Phosphorus: 81.99mg (8.2%), Copper: 0.15mg (7.64%), Vitamin B1: 0.11mg (7.57%), Vitamin B3: 1.49mg (7.45%), Vitamin A: 337.43IU (6.75%), Iron: 1.16mg (6.42%), Folate: 23.99µg (6%), Vitamin B5: 0.42mg (4.24%), Vitamin B2: 0.05mg (2.85%), Zinc: 0.42mg (2.78%), Calcium: 20.4mg (2.04%), Vitamin E: 0.24mg (1.59%)