



Parsleyed Potatoes with Saffron



Vegetarian



Gluten Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



170 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon parsley finely chopped
- ☐ 1.5 pounds potatoes red peeled (preferably)
- ☐ 1 pinch of saffron threads crumbled
- ☐ 2 tablespoons butter unsalted

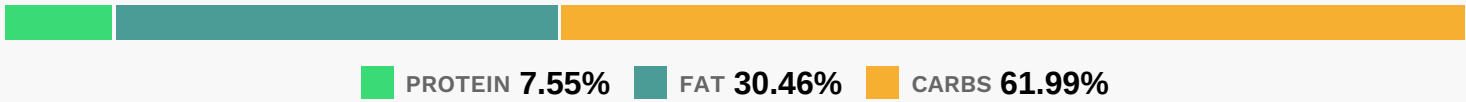
Equipment

- ☐ frying pan

Directions

- ☐ Steam potatoes in a steamer rack, covered, over boiling water until tender, 18 to 20 minutes.
- ☐ Melt butter with saffron in a medium skillet over medium heat until it foams, then add potatoes, parsley, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Cook, shaking skillet to coat potatoes well, until heated through, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:8.2608696902576%

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: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 169.66kcal (8.48%), Fat: 5.92g (9.11%), Saturated Fat: 3.66g (22.86%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 24.2g (8.8%), Sugar: 2.21g (2.45%), Cholesterol: 15.05mg (5.02%), Sodium: 31.97mg (1.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.61%), Potassium: 781.38mg (22.33%), Vitamin K: 21.82µg (20.78%), Vitamin C: 15.97mg (19.36%), Vitamin B6: 0.29mg (14.52%), Manganese: 0.25mg (12.26%), Fiber: 2.93g (11.7%), Copper: 0.23mg (11.53%), Phosphorus: 106.05mg (10.61%), Vitamin B3: 1.97mg (9.85%), Magnesium: 38.09mg (9.52%), Vitamin B1: 0.14mg (9.27%), Folate: 32.36µg (8.09%), Iron: 1.31mg (7.26%), Vitamin A: 271.14IU (5.42%), Vitamin B5: 0.49mg (4.86%), Zinc: 0.58mg (3.86%), Vitamin B2: 0.06mg (3.3%), Calcium: 20.08mg (2.01%), Selenium: 0.92µg (1.32%), Vitamin E: 0.19mg (1.25%)