



Parsleyed Steamed Potatoes



Vegetarian



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



113 kcal

SIDE DISH

Ingredients



0.3 cup parsley fresh finely chopped



2 lb potatoes (2 inches in diameter)



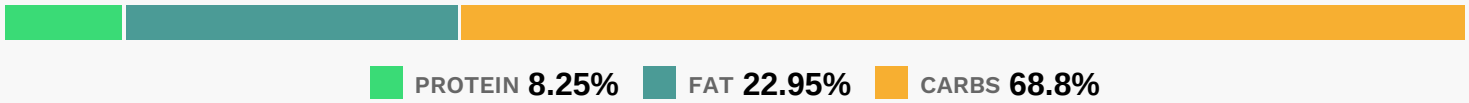
2 tablespoons butter unsalted softened

Equipment

Directions

Steam potatoes on a steamer rack set over boiling water, covered, until tender, 10 to 15 minutes. Toss with butter, parsley, and salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:14.47, Glycemic Load:14.53, Inflammation Score:-4, Nutrition Score:7.9921740970534%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 113.31kcal (5.67%), Fat: 2.96g (4.55%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 19.97g (6.66%), Net Carbohydrates: 17.39g (6.32%), Sugar: 0.91g (1.01%), Cholesterol: 7.53mg (2.51%), Sodium: 8.59mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.79%), Vitamin K: 43.4µg (41.33%), Vitamin C: 25.66mg (31.11%), Vitamin B6: 0.34mg (16.84%), Potassium: 492.1mg (14.06%), Fiber: 2.58g (10.31%), Manganese: 0.18mg (8.88%), Magnesium: 27.4mg (6.85%), Phosphorus: 66.93mg (6.69%), Copper: 0.13mg (6.34%), Vitamin B1: 0.09mg (6.2%), Vitamin B3: 1.23mg (6.15%), Vitamin A: 300.33IU (6.01%), Iron: 1.04mg (5.78%), Folate: 22.05µg (5.51%), Vitamin B5: 0.35mg (3.5%), Zinc: 0.36mg (2.39%), Vitamin B2: 0.04mg (2.35%), Calcium: 17.9mg (1.79%)