



Parslied Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 1.5 teaspoons parsley fresh chopped
- ☐ 0.5 pound potatoes red halved
- ☐ 1 tablespoon water

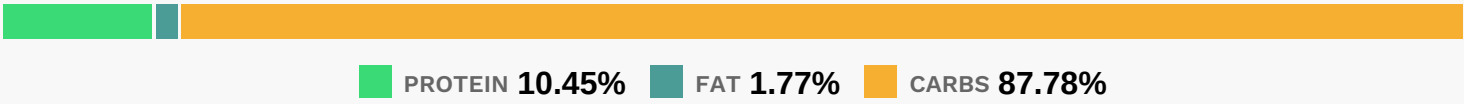
Equipment

- ☐ plastic wrap
- ☐ microwave

Directions

- ☐
- Place potato in a microwave-safe dish.
- ☐
- Add water and cover with heavy-duty plastic wrap. Microwave at HIGH 6 to 7 minutes or until tender. Coat with butter-flavored spray, and sprinkle with parsley and pepper.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:4.8243478264498%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 79.66kcal (3.98%), Fat: 0.16g (0.25%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 18.1g (6.03%), Net Carbohydrates: 16.14g (5.87%), Sugar: 1.46g (1.63%), Cholesterol: 0mg (0%), Sodium: 20.85mg (0.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.31%), Potassium: 517.71mg (14.79%), Vitamin C: 9.85mg (11.94%), Vitamin B6: 0.19mg (9.66%), Manganese: 0.17mg (8.64%), Fiber: 1.96g (7.82%), Copper: 0.15mg (7.73%), Phosphorus: 69.37mg (6.94%), Vitamin B3: 1.31mg (6.53%), Magnesium: 25.23mg (6.31%), Vitamin B1: 0.09mg (6.13%), Folate: 20.54µg (5.14%), Iron: 0.84mg (4.68%), Vitamin K: 4.68µg (4.46%), Vitamin B5: 0.32mg (3.18%), Zinc: 0.38mg (2.51%), Vitamin B2: 0.04mg (2.08%), Calcium: 12.11mg (1.21%)