



Potatoes Primavera

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



149 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups asparagus diagonally sliced () (1 pound)
- 8 ounces baby carrots halved lengthwise
- 0.1 teaspoon pepper black
- 0.3 cup cilantro leaves
- 0.5 cup cooking wine dry white
- 1.5 cups less-sodium chicken broth fat-free
- 0.3 cup flat-leaf parsley leaves
- 2 garlic cloves minced

- 2 tablespoons juice of lemon fresh
- 2 teaspoons lemon rind grated
- 0.3 cup mint leaves
- 1 tablespoon olive oil
- 1 cup radishes quartered
- 2 pounds potatoes red quartered
- 0.5 teaspoon salt divided
- 8 ounces sugar snap peas trimmed
- 2 cups watercress trimmed (1 bunch)

Equipment

- bowl
- sauce pan
- slotted spoon

Directions

- Combine first 5 ingredients in a large saucepan, and bring to a boil. Reduce heat, and simmer 15 minutes.
- Remove potatoes with a slotted spoon. Bring broth mixture to a boil; cook until reduced to 1/2 cup (about 8 minutes).
- Combine broth mixture, potatoes, and 1/4 teaspoon salt in a bowl; set aside.
- Steam the peas, covered, 2 minutes or until crisp-tender. Rinse peas with cold water, and drain. Steam asparagus, covered, for 2 minutes or until crisp-tender. Rinse asparagus with cold water; drain. Steam the carrots, covered, 4 minutes or until crisp-tender. Rinse carrots with cold water; drain.
- Combine 1/4 teaspoon salt, peas, asparagus, carrots, oil, rind, and pepper in a large bowl.
- Combine potato mixture, vegetable mixture, radishes, mint, cilantro, and parsley, tossing well to coat. Arrange the watercress on each of 8 plates; divide the potato mixture evenly among plates.

Nutrition Facts



■ PROTEIN 13.65% ■ FAT 13.63% ■ CARBS 72.72%

Properties

Glycemic Index:29.63, Glycemic Load:0.55, Inflammation Score:-10, Nutrition Score:21.200869451398%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 5.49mg, Apigenin: 5.49mg, Apigenin: 5.49mg, Apigenin: 5.49mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg, Isorhamnetin: 2.86mg Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg, Kaempferol: 2.82mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 10.7mg, Quercetin: 10.7mg, Quercetin: 10.7mg, Quercetin: 10.7mg

Nutrients (% of daily need)

Calories: 148.61kcal (7.43%), Fat: 2.21g (3.41%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 26.58g (8.86%), Net Carbohydrates: 21.42g (7.79%), Sugar: 5.54g (6.15%), Cholesterol: 0mg (0%), Sodium: 376.5mg (16.37%), Alcohol: 1.54g (100%), Alcohol %: 0.63% (100%), Protein: 4.99g (9.98%), Vitamin A: 5213.59IU (104.27%), Vitamin K: 99.63µg (94.88%), Vitamin C: 42.55mg (51.57%), Potassium: 862.73mg (24.65%), Manganese: 0.45mg (22.52%), Fiber: 5.16g (20.62%), Folate: 78.26µg (19.57%), Vitamin B6: 0.37mg (18.3%), Iron: 3.21mg (17.82%), Copper: 0.34mg (16.77%), Vitamin B1: 0.23mg (15.65%), Phosphorus: 138.34mg (13.83%), Magnesium: 50.25mg (12.56%), Vitamin B3: 2.51mg (12.56%), Vitamin B2: 0.18mg (10.37%), Vitamin B5: 0.92mg (9.2%), Calcium: 72.49mg (7.25%), Vitamin E: 1.07mg (7.13%), Zinc: 0.91mg (6.07%), Selenium: 3.42µg (4.88%), Vitamin B12: 0.09µg (1.42%)