



Potatoes Simmered in Saffron Butter



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



475 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup chicken broth canned
- ☐ 0.1 teaspoon saffron threads
- ☐ 0.3 cup butter unsalted ()
- ☐ 4 small yukon gold potatoes unpeeled (12 ounces total)

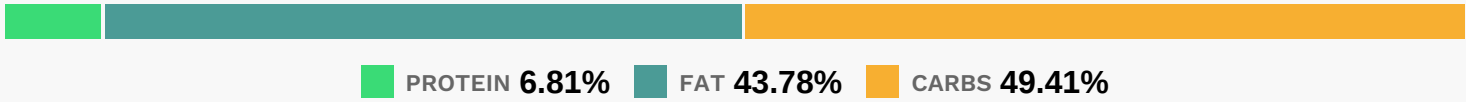
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Cook unpeeled potatoes in large pot of boiling salted water until partially cooked, about 10 minutes. Cool 10 minutes. Slice potatoes into 1/2-inch-thick rounds. (Can be made 3 hours ahead.
- ☐ Let stand at room temperature.)
- ☐ Bring broth and saffron to simmer in large skillet over medium heat.
- ☐ Add butter. Reduce heat to low; add potatoes and simmer uncovered until tender and liquid is absorbed, turning potatoes once, 50 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:76.88, Glycemic Load:43.48, Inflammation Score:-7, Nutrition Score:18.503478490788%

Flavonoids

Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 474.71kcal (23.74%), Fat: 23.68g (36.42%), Saturated Fat: 14.77g (92.31%), Carbohydrates: 60.13g (20.04%), Net Carbohydrates: 52.65g (19.14%), Sugar: 2.75g (3.05%), Cholesterol: 61.01mg (20.34%), Sodium: 41.23mg (1.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.29g (16.58%), Vitamin C: 66.99mg (81.19%), Vitamin B6: 1.01mg (50.49%), Potassium: 1489.06mg (42.54%), Fiber: 7.48g (29.92%), Manganese: 0.52mg (26.16%), Vitamin B3: 4.4mg (22.02%), Phosphorus: 218.33mg (21.83%), Copper: 0.4mg (20.09%), Magnesium: 79.37mg (19.84%), Vitamin B1: 0.27mg (18.23%), Iron: 2.78mg (15.46%), Vitamin A: 715.92IU (14.32%), Folate: 55.26µg (13.81%), Vitamin B5: 1.04mg (10.38%), Vitamin K: 8.45µg (8.04%), Vitamin B2: 0.14mg (8.01%), Zinc: 1.07mg (7.14%), Calcium: 49.98mg (5%), Vitamin E: 0.69mg (4.62%), Vitamin D: 0.43µg (2.84%), Selenium: 1.3µg (1.86%), Vitamin B12: 0.11µg (1.79%)