



## Potatoes with Onions, Olives and Tomatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



259 kcal

SIDE DISH

### Ingredients

- 1 tablespoon thyme leaves dried fresh chopped
- 0.5 cup greek olives pitted (kalamata)
- 4 servings salt and ground pepper black
- 1.5 tablespoons olive oil
- 0.3 cup onion red minced
- 6 small potatoes red halved quartered (or if potatoes are slightly bigger)
- 1 tablespoon red wine vinegar
- 0.5 cup tomatoes diced ripe

## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- Watch how to make this recipe.
- Place potatoes in a medium or large saucepan and pour over enough water to cover by about 2 inches. Set pan over high heat and bring water to a boil. Boil 8 minutes, until potatoes are fork tender.
- Drain and transfer potatoes to a large bowl. While potatoes are still warm, add olives, tomatoes, onion, olive oil, vinegar, and thyme and toss to combine. Season, to taste, with salt and black pepper.

## Nutrition Facts

**PROTEIN 7.98%** **FAT 27.63%** **CARBS 64.39%**

## Properties

Glycemic Index:35.5, Glycemic Load:0.49, Inflammation Score:-9, Nutrition Score:13.0608695279%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

## Nutrients (% of daily need)

Calories: 259.46kcal (12.97%), Fat: 8.27g (12.72%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 43.35g (14.45%), Net Carbohydrates: 37.8g (13.74%), Sugar: 4.3g (4.77%), Cholesterol: 0mg (0%), Sodium: 311.06mg (13.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.75%), Potassium: 1239.58mg (35.42%), Vitamin C: 28.04mg (33.99%), Vitamin B6: 0.47mg (23.6%), Fiber: 5.56g (22.22%), Manganese: 0.44mg (21.91%), Copper: 0.39mg (19.41%), Phosphorus: 165.91mg (16.59%), Magnesium: 64.13mg (16.03%), Vitamin B3: 3.13mg (15.63%), Vitamin B1: 0.22mg (14.84%), Iron: 2.38mg (13.2%), Folate: 51.9µg (12.98%), Vitamin K: 12.47µg (11.87%), Vitamin E:

1.53mg (10.19%), Vitamin B5: 0.75mg (7.53%), Vitamin A: 323.2IU (6.46%), Zinc: 0.93mg (6.21%), Vitamin B2: 0.09mg (5.58%), Calcium: 46.25mg (4.62%), Selenium: 1.48µg (2.12%)