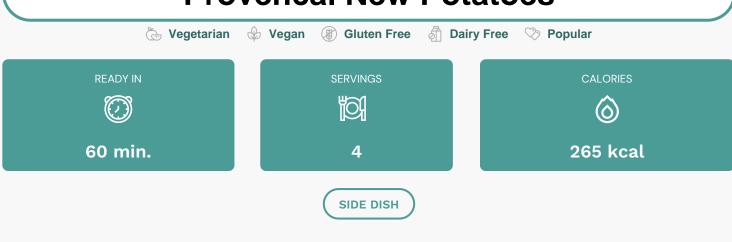


Provencal New Potatoes



Ingredients

1 Tbsp herbs de provence

2 lb new potatoes for the smallest you can find, the potatoes should be no bigger than 11/2 inches, it they are bigger, cut them into 1 to 11/2 inch pieces (look)
1 medium onion sliced in the direction of root to top
6 cloves garlic with peel on (do not remove peel) crushed
2 plum tomatoes small to medium cut into 11/2-inch chunks
10 olives green black pitted (Kalamata and Nicoise)
0.5 teaspoon chile flakes red
0.3 teaspoon garlic powder

	0.5 cup olive oil extra virgin	
	2 teaspoons red wine vinegar	
	2 teaspoons kosher salt	
	4 servings pepper black freshly ground	
	1 Tbsp chives fresh chopped for garnish	
Equipment		
	frying pan	
	oven	
	roasting pan	
Directions		
	Preheat oven to 400°F.	
	Toss ingredients together: Put all ingredients (except chives) into a large roasting pan, toss with your (clean) hands to coat completely with oil and seasonings.	
	Spread everything out evenly.	
	Roast in oven:	
	Put the potatoes in the oven, cook for fifteen minutes at 400°F.	
	Then reduce the heat to 375° and cook for 30 to 40 minutes more, until the onions and tomatoes are somewhat caramelized and the potatoes are cooked through.	
	Halfway through cooking, stir the potatoes so that they remain well coated with oil and do not get dried out, and the bottom of the pan stays coated with oil.	
	Let cool to room temp, sprinkle with chives:	
	Remove from oven and let sit until cooled to room temperature.	
	Sprinkle with freshly chopped chives to serve.	
	Excellent served with steak and a side of greens. (You can toss fresh spinach or chard with the oil remaining in the potato roasting pan and put back into the oven for just a few minutes until just wilted.)	

Nutrition Facts

Properties

Glycemic Index:65.19, Glycemic Load:30.33, Inflammation Score:-7, Nutrition Score:16.404347658157%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Luteolin: 0.09mg, Luteo

Nutrients (% of daily need)

Calories: 265.19kcal (13.26%), Fat: 7.37g (11.33%), Saturated Fat: 1.07g (6.67%), Carbohydrates: 46.27g (15.42%), Net Carbohydrates: 39.5g (14.36%), Sugar: 3.9g (4.34%), Cholesterol: Omg (0%), Sodium: 1340.88mg (58.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.47%), Vitamin C: 53.32mg (64.63%), Vitamin B6: 0.8mg (40.05%), Potassium: 1110.75mg (31.74%), Manganese: 0.6mg (29.88%), Vitamin K: 29.51µg (28.1%), Fiber: 6.77g (27.09%), Iron: 3.4mg (18.88%), Magnesium: 63.88mg (15.97%), Copper: 0.32mg (15.76%), Phosphorus: 156.3mg (15.63%), Vitamin B1: 0.22mg (14.93%), Vitamin B3: 2.75mg (13.74%), Folate: 50.3µg (12.58%), Vitamin E: 1.53mg (10.21%), Vitamin A: 448.34IU (8.97%), Vitamin B5: 0.77mg (7.69%), Calcium: 71.92mg (7.19%), Zinc: 0.9mg (6%), Vitamin B2: 0.1mg (5.83%), Selenium: 1.7µg (2.43%)