



Provencal New Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



265 kcal

SIDE DISH

Ingredients

- ☐ 2 lb new potatoes for the smallest you can find, the potatoes should be no bigger than 1 1/2 inches, if they are bigger, cut them into 1 to 1 1/2 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 1 1/2-inch chunks
- ☐ 10 olives green black pitted (Kalamata and Nicoise)
- ☐ 0.5 teaspoon chile flakes red
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 Tbsp herbs de provence

- ☐ 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 Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg

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: 0mg (0%), Sodium: 1340.88mg (58.3%), Alcohol: 0g (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%)