



Provençale Potato Ragout With Green Olives



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



202 kcal

SIDE DISH

Ingredients

- ☐ 2 pounds baking potato cubed peeled
- ☐ 3 bay leaves
- ☐ 3 garlic cloves crushed
- ☐ 0.5 cup olives green sliced
- ☐ 1.5 tablespoons olive oil
- ☐ 1.5 cups onion thinly sliced
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

- ☐ 6 thyme sprigs
- ☐ 3.5 cups tomatoes seeded coarsely chopped
- ☐ 1.5 cups water

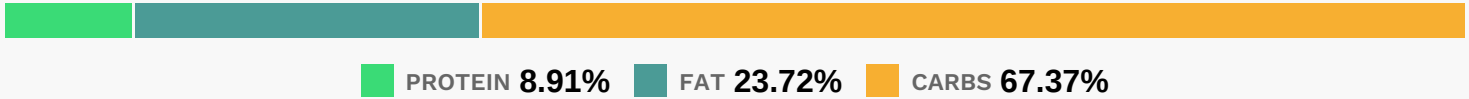
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, and saut 10 minutes or until soft, stirring frequently.
- ☐ Add tomato; cook 10 minutes or until the liquid almost evaporates, stirring frequently.
- ☐ Add potato and next 6 ingredients (potato through bay leaves); bring to boil. Cover, reduce heat, and simmer 40 minutes or until potato is tender, stirring occasionally.
- ☐ Stir in olives; cook an additional 5 minutes. Discard thyme and bay leaves.

Nutrition Facts



Properties

Glycemic Index:42.79, Glycemic Load:23.4, Inflammation Score:-9, Nutrition Score:11.826087013535%

Flavonoids

Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg

Nutrients (% of daily need)

Calories: 201.95kcal (10.1%), Fat: 5.59g (8.6%), Saturated Fat: 0.8g (5%), Carbohydrates: 35.7g (11.9%), Net Carbohydrates: 31.44g (11.43%), Sugar: 5g (5.55%), Cholesterol: 0mg (0%), Sodium: 289.3mg (12.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Vitamin B6: 0.67mg (33.29%), Vitamin C: 25.58mg (31%), Potassium: 913.14mg (26.09%), Manganese: 0.45mg (22.26%), Fiber: 4.27g (17.06%), Vitamin A: 821.73IU (16.43%), Magnesium: 52.35mg (13.09%), Copper: 0.26mg (12.85%), Vitamin B1: 0.18mg (12.03%), Phosphorus: 119.61mg

(11.96%), Vitamin K: 12.17µg (11.59%), Vitamin B3: 2.18mg (10.92%), Iron: 1.92mg (10.69%), Folate: 42.74µg (10.69%), Vitamin E: 1.43mg (9.51%), Vitamin B5: 0.6mg (5.98%), Calcium: 52.82mg (5.28%), Vitamin B2: 0.08mg (4.98%), Zinc: 0.7mg (4.69%), Selenium: 1.12µg (1.61%)