



Saffron Potatoes



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



261 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 lb potato boiling (7)
- ☐ 1 pinch saffron threads (15)
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter unsalted
- ☐ 1.3 cups water

Equipment

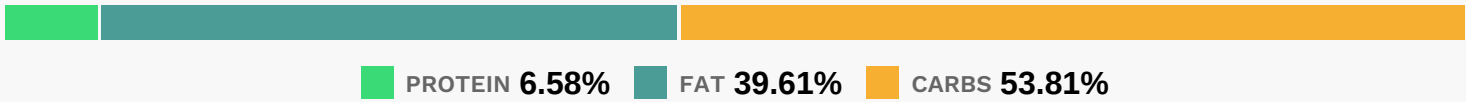
- ☐ frying pan

☐ paper towels

Directions

- ☐ Crumble saffron threads into water.
- ☐ Peel potatoes and cut crosswise into 3/4-inch-thick slices. Rinse potatoes well and pat dry between paper towels.
- ☐ Heat butter in a 12-inch nonstick skillet over moderately high heat until foam subsides, then brown potatoes in 1 layer, turning over carefully, about 4 minutes per side.
- ☐ Add saffron-infused water, salt, and pepper and briskly simmer, uncovered, over moderate heat 5 minutes. Reduce heat to moderately low and simmer until potatoes are tender and water is evaporated, about 15 to 20 minutes more.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:10.129130390675%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 260.83kcal (13.04%), Fat: 11.83g (18.2%), Saturated Fat: 7.37g (46.06%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 32.27g (11.73%), Sugar: 2.93g (3.26%), Cholesterol: 30.5mg (10.17%), Sodium: 336.81mg (14.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Potassium: 1037.26mg (29.64%), Vitamin C: 19.51mg (23.65%), Vitamin B6: 0.39mg (19.32%), Manganese: 0.34mg (17.03%), Copper: 0.32mg (16%), Fiber: 3.89g (15.55%), Phosphorus: 141.98mg (14.2%), Vitamin B3: 2.61mg (13.07%), Magnesium: 51.17mg (12.79%), Vitamin B1: 0.18mg (12.3%), Folate: 41.28µg (10.32%), Iron: 1.67mg (9.3%), Vitamin A: 371.17IU (7.42%), Vitamin K: 7.77µg (7.4%), Vitamin B5: 0.65mg (6.5%), Zinc: 0.77mg (5.14%), Vitamin B2: 0.08mg (4.43%), Calcium: 29.05mg (2.91%), Vitamin E: 0.35mg (2.35%), Selenium: 1.28µg (1.83%), Vitamin D: 0.21µg (1.42%)