



Seafood-Seasoned New Potatoes

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



12

CALORIES



88 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 ounce shrimp and crab boil (such as Old Bay Seafood One-Step)
- 0.5 cup green onions thinly sliced
- 2 tablespoons butter light
- 2 pounds potatoes red halved
- 10 cup water

Equipment

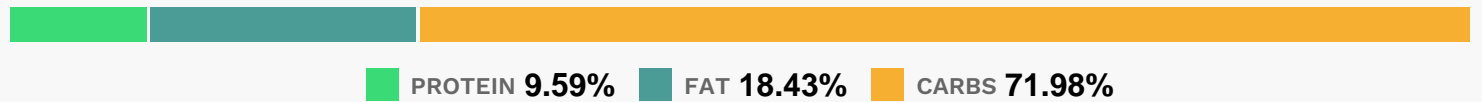
- bowl

sauce pan

Directions

- Place water in a large saucepan; bring water to a boil.
- Add shrimp and crab boil package, and cook 5 minutes.
- Add potatoes; return to a boil. Reduce heat, and cook 15 minutes or until potatoes are tender.
- Remove from heat, and let potatoes stand in water 2 minutes.
- Drain potatoes; discard shrimp and crab boil package.
- Transfer potatoes to a serving bowl, and add butter and remaining ingredients. Toss well.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:9.6239128509617%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 87.76kcal (4.39%), Fat: 1.93g (2.98%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 14.8g (5.38%), Sugar: 1.29g (1.43%), Cholesterol: 2.47mg (0.82%), Sodium: 26.89mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.53%), Vitamin K: 68.08µg (64.84%), Manganese: 0.6mg (30.23%), Iron: 3.14mg (17.47%), Potassium: 406.16mg (11.6%), Vitamin B6: 0.22mg (11.25%), Vitamin C: 8.14mg (9.86%), Copper: 0.2mg (9.83%), Magnesium: 35.5mg (8.88%), Calcium: 88.37mg (8.84%), Fiber: 2.2g (8.82%), Folate: 26.09µg (6.52%), Phosphorus: 60.64mg (6.06%), Vitamin B3: 1.1mg (5.51%), Vitamin B1: 0.08mg (5.5%), Vitamin A: 273.22IU (5.46%), Zinc: 0.51mg (3.43%), Vitamin B2: 0.04mg (2.47%), Vitamin B5: 0.21mg (2.15%), Selenium: 0.94µg (1.34%), Vitamin E: 0.16mg (1.08%)