



Skillet Potatoes with Olives and Lemon



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup flat parsley coarsely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 servings lemon wedges
- ☐ 6 inch lemon zest with a vegetable peeler
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 cup olives green
- ☐ 1 pound potatoes – remove skin red peeled halved lengthwise
- ☐ 1 cup water

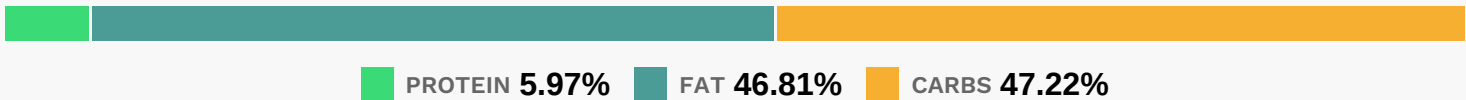
Equipment

- ☐ frying pan
- ☐ knife

Directions

- ☐ Smash olives with flat side of a large knife, then discard pits and chop olives. Toss potatoes with olives, oil, zest, cumin, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a 10-inch heavy skillet, then add water and bring to a boil.
- ☐ Cover skillet and boil over medium heat until potatoes are tender, 10 to 12 minutes.
- ☐ Remove lid and cook, stirring, until water is evaporated, 1 to 2 minutes.
- ☐ Serve sprinkled with parsley.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:9.4713041160418%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 157.86kcal (7.89%), Fat: 8.55g (13.15%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 16.62g (6.04%), Sugar: 1.73g (1.92%), Cholesterol: 0mg (0%), Sodium: 157.9mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.91%), Vitamin K: 69.13µg (65.84%), Vitamin C: 20.2mg (24.49%), Potassium: 552.3mg (15.78%), Fiber: 2.79g (11.15%), Vitamin B6: 0.21mg (10.36%), Vitamin E: 1.39mg (9.26%), Copper: 0.18mg (9.16%), Manganese: 0.17mg (8.73%), Magnesium: 29.91mg (7.48%), Iron: 1.34mg (7.46%), Phosphorus: 73.55mg (7.36%), Vitamin A: 362.3IU (7.25%), Vitamin B3: 1.4mg (7%), Folate: 27µg (6.75%), Vitamin B1: 0.1mg (6.74%), Vitamin B5: 0.35mg (3.47%), Calcium: 30.44mg (3.04%), Zinc: 0.45mg (2.97%), Vitamin B2: 0.04mg

(2.56%)