



Sliced Seasoned Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds baking potatoes unpeeled cut into 1/4-inch-thick slices
- ☐ 1 tablespoon basil dried fresh finely chopped
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.3 cup honey-dijon dressing fat-free
- ☐ 0.3 teaspoon salt

Equipment

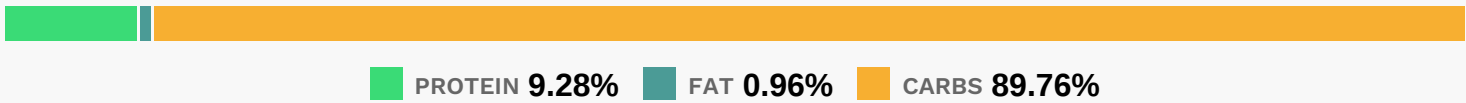
- ☐ bowl
- ☐ sauce pan

☐ whisk

Directions

- ☐ Cook potato in a large saucepan in boiling water to cover 8 minutes or until tender.
- ☐ Drain potato well, reserving 2 tablespoons cooking liquid; place potato in a medium bowl.
- ☐ Combine cooking liquid, dressing, and remaining 3 ingredients in a small bowl, stirring well with a wire whisk.
- ☐ Pour over potato; toss gently.

Nutrition Facts



Properties

Glycemic Index:29.19, Glycemic Load:24.18, Inflammation Score:-3, Nutrition Score:8.7026087719461%

Nutrients (% of daily need)

Calories: 167.99kcal (8.4%), Fat: 0.18g (0.28%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 37.48g (12.49%), Net Carbohydrates: 34.87g (12.68%), Sugar: 4.18g (4.65%), Cholesterol: 0mg (0%), Sodium: 232.43mg (10.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.75%), Vitamin B6: 0.6mg (30.02%), Potassium: 736.47mg (21.04%), Vitamin K: 20.31µg (19.34%), Manganese: 0.37mg (18.67%), Iron: 2.37mg (13.16%), Vitamin C: 9.7mg (11.76%), Magnesium: 46.34mg (11.59%), Fiber: 2.6g (10.42%), Copper: 0.2mg (9.86%), Phosphorus: 96.39mg (9.64%), Vitamin B1: 0.14mg (9.36%), Vitamin B3: 1.81mg (9.05%), Folate: 26.92µg (6.73%), Vitamin B5: 0.52mg (5.21%), Calcium: 44.88mg (4.49%), Vitamin B2: 0.07mg (4.01%), Zinc: 0.57mg (3.77%), Selenium: 0.71µg (1.02%)