



Steamed Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper
- ☐ 1 pound round potatoes red
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons water

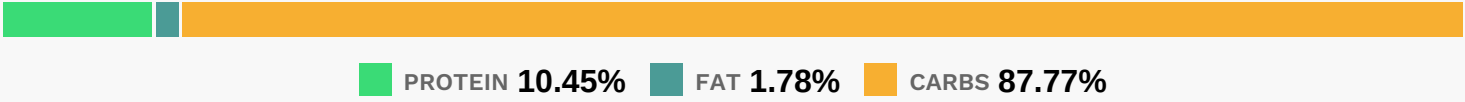
Equipment

- ☐ microwave

Directions

- ☐
- Quarter 1 pound round red potatoes, and place in a microwave–safe dish.
- ☐
- Add 2 tablespoons water, and cover. Microwave at HIGH 8 minutes or until tender. Coat with butter–flavored spray, and sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:4.7713043611983%

Flavonoids

Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 79.69kcal (3.98%), Fat: 0.16g (0.25%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 18.11g (6.04%), Net Carbohydrates: 16.15g (5.87%), Sugar: 1.46g (1.63%), Cholesterol: 0mg (0%), Sodium: 166.15mg (7.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.31%), Potassium: 517.65mg (14.79%), Vitamin C: 9.75mg (11.82%), Vitamin B6: 0.19mg (9.66%), Manganese: 0.18mg (8.81%), Fiber: 1.96g (7.84%), Copper: 0.15mg (7.75%), Phosphorus: 69.37mg (6.94%), Vitamin B3: 1.3mg (6.52%), Magnesium: 25.24mg (6.31%), Vitamin B1: 0.09mg (6.13%), Folate: 20.43µg (5.11%), Iron: 0.84mg (4.67%), Vitamin K: 3.49µg (3.33%), Vitamin B5: 0.32mg (3.18%), Zinc: 0.38mg (2.51%), Vitamin B2: 0.04mg (2.08%), Calcium: 12.21mg (1.22%)