



Yukon Gold Potatoes: Jacques Pepin Style



Vegetarian



Gluten Free



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READY IN

ready

25 min.

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SERVINGS

servings

6

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CALORIES

calories

269 kcal

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SIDE DISH

Ingredients



6 servings pepper black freshly ground



3 tablespoons butter



3 cups chicken stock see



2 tablespoons freshly parsley leaves chopped



6 servings salt



3 pounds baby yukon gold potatoes

Equipment



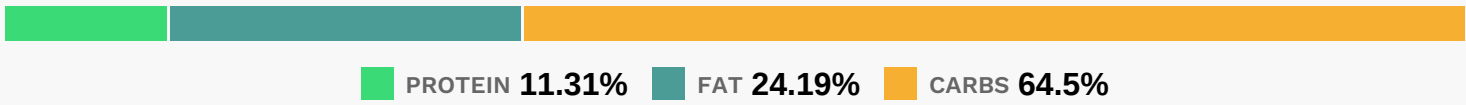
frying pan

☐ ladle

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the potatoes in a deep skillet and add salt and pepper, to taste. Cover potatoes halfway with chicken stock, about 3 cups, add the butter and cover skillet with a lid. Cook the potatoes in the stock until almost tender, about 5 to 8 minutes, depending upon the size of the potatoes.
- ☐ Remove the lid and allow the stock to evaporate, about another 5 minutes. Once the stock has evaporated pop each potato using a ladle or large spoon, creating a small crack in each, but do not smash. Allow the potatoes to brown on each side, another 5 minutes, and re-season with salt and pepper, if necessary or desired.
- ☐ Remove the browned potatoes from the skillet and place onto a serving platter, garnished with the parsley.

Nutrition Facts



Properties

Glycemic Index:32.96, Glycemic Load:29.03, Inflammation Score:-6, Nutrition Score:14.528695757622%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg, Kaempferol: 1.83mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 268.75kcal (13.44%), Fat: 7.33g (11.28%), Saturated Fat: 4.05g (25.28%), Carbohydrates: 44.01g (14.67%), Net Carbohydrates: 38.95g (14.16%), Sugar: 3.68g (4.09%), Cholesterol: 18.65mg (6.22%), Sodium: 424.77mg (18.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.43%), Vitamin C: 46.69mg (56.6%), Vitamin B6: 0.74mg (37.2%), Potassium: 1091.25mg (31.18%), Vitamin K: 27.07µg (25.78%), Vitamin B3: 4.31mg (21.54%), Fiber: 5.06g (20.24%), Manganese: 0.36mg (18.12%), Phosphorus: 164.29mg (16.43%), Copper: 0.31mg (15.66%), Vitamin B1: 0.22mg (15%), Magnesium: 57.95mg (14.49%), Iron: 2.12mg (11.76%), Folate: 44.54µg (11.14%), Vitamin B2: 0.18mg (10.5%), Vitamin B5: 0.69mg (6.86%), Vitamin A: 295.93IU (5.92%), Zinc: 0.85mg (5.65%), Selenium: 3.4µg (4.85%), Calcium: 34.9mg (3.49%), Vitamin E: 0.23mg (1.55%)