



Yukon Gold Potatoes Sautéed in Clarified Butter

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



181 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup ghee
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon salt
- ☐ 3 pounds yukon gold potatoes peeled cut into 1 1/2-inch pieces

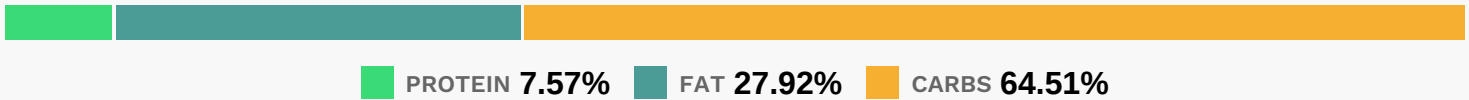
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place potatoes in a saucepan; cover with water. Bring to a boil. Reduce heat; simmer 2 minutes.
- ☐ Drain and let stand for 2 minutes.
- ☐ Heat Clarified Butter in a large nonstick skillet over medium-high heat.
- ☐ Add potatoes to pan; reduce heat to medium, and cook 20 minutes or until tender and browned, stirring occasionally. Stir in parsley and remaining ingredients; cook 30 seconds.
- ☐ Note: Nuritional analysis includes Clarified Butter.

Nutrition Facts



Properties

Glycemic Index:22.22, Glycemic Load:21.81, Inflammation Score:-4, Nutrition Score:9.3665216273588%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 181.33kcal (9.07%), Fat: 5.76g (8.86%), Saturated Fat: 3.53g (22.05%), Carbohydrates: 29.94g (9.98%), Net Carbohydrates: 26.14g (9.51%), Sugar: 1.34g (1.49%), Cholesterol: 14.4mg (4.8%), Sodium: 156.3mg (6.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.51g (7.02%), Vitamin C: 34.96mg (42.37%), Vitamin B6: 0.51mg (25.38%), Potassium: 724.01mg (20.69%), Vitamin K: 19.74µg (18.8%), Fiber: 3.8g (15.2%), Manganese: 0.28mg (13.82%), Magnesium: 39.83mg (9.96%), Phosphorus: 98.21mg (9.82%), Copper: 0.19mg (9.36%), Vitamin B1: 0.14mg (9.18%), Vitamin B3: 1.81mg (9.05%), Iron: 1.4mg (7.79%), Folate: 28.76µg (7.19%), Vitamin B5: 0.51mg (5.11%), Zinc: 0.51mg (3.4%), Vitamin B2: 0.06mg (3.29%), Calcium: 22.84mg (2.28%), Vitamin A: 88.02IU (1.76%)