

Browned Butter Red Potatoes

Anne Pavelak - Endicott, WA
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Servings: 12**Yield: 3/4 cup per serving**

16 medium (about 4 pounds) red
potatoes, quartered
1 cup butter, cubed
8 cloves garlic, minced
2 teaspoons salt
1 teaspoon pepper

Place the potatoes in a Dutch oven. Add water to cover. Bring to a boil. Reduce the heat and cook, uncovered, for 15 to 20 minutes or until tender.

Meanwhile, in a small heavy saucepan, melt the butter over medium heat. Heat for 5 to 7 minutes or until light golden brown, stirring constantly. Stir in the garlic. Cook for 30 seconds longer or until the butter is golden brown. Remove from the heat.

Drain the potatoes and transfer to a bowl. Sprinkle with salt and pepper. Drizzle with butter and toss to coat.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 218 Calories; 15g Fat (62.2% calories from fat); 2g Protein; 19g Carbohydrate; 2g Dietary Fiber; 41mg Cholesterol; 518mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 3 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	218	Vitamin B6 (mg):	.3mg
% Calories from Fat:	62.2%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	33.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	15g	Folacin (mcg):	13mcg
Saturated Fat (g):	10g	Niacin (mg):	2mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	41mg
Carbohydrate (g):	19g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	518mg
Potassium (mg):	558mg
Calcium (mg):	18mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	20mg
Vitamin A (i.u.):	578IU
Vitamin A (r.e.):	143RE

% Daily Values*

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 218 Calories from Fat: 135

% Daily Values*

Total Fat 15g	24%
Saturated Fat 10g	48%
Cholesterol 41mg	14%
Sodium 518mg	22%
Total Carbohydrates 19g	6%
Dietary Fiber 2g	7%
Protein 2g	

Vitamin A	12%
Vitamin C	34%
Calcium	2%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.