

Lemon and Garlic New Potatoes

Katie Bartle - Parkville, MO

Taste of Home Magazine

Servings: 4

1 pound small red potatoes
2 tablespoons olive oil
2 cloves garlic, minced
1/4 cup Parmesan cheese, shredded
2 tablespoons lemon juice
1/4 teaspoon salt
1/4 teaspoon pepper

Cut the potatoes into wedges. Place in a large saucepan. Add water to cover. Bring to a boil. Cook, covered, until the potatoes are tender, 10 to 15 minutes. Drain.

In the same pan, heat the oil over medium-high heat. Add the potatoes. Cook until browned, 4 to 6 minutes. Add the garlic. Cook for 1 minute. Remove from the heat.

Stir in the Parmesan cheese, lemon juice, salt and pepper.

Per Serving (excluding unknown items): 87 Calories; 8g Fat (83.7% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 227mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	87	Vitamin B6 (mg):	trace
% Calories from Fat:	83.7%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	6.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	9.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	8g	Folacin (mcg):	1mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	4mg	% Refuse:	0.0%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	1/2

Sodium (mg): 227mg
Potassium (mg): 22mg
Calcium (mg): 73mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 37IU
Vitamin A (r.e.): 10 1/2RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 87 Calories from Fat: 73

% Daily Values*

Total Fat	8g	13%
Saturated Fat	2g	9%
Cholesterol	4mg	1%
Sodium	227mg	9%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	0%
Protein	2g	

Vitamin A	1%
Vitamin C	7%
Calcium	7%
Iron	1%

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