

Lemony New potatoes II

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Servings: 6

4 lemons
2 1/2 pounds red-skinned new potatoes, halved
6 cloves garlic
1/2 cup Kosher salt
3 tablespoons extra-virgin olive oil
2 tablespoons fresh parsley, chopped
freshly ground pepper (for seasoning)
Kosher salt (for seasonings)

Preparation Time: 10 minutes

Finely grate the zest from three lemons into a bowl. Press the juice from all four lemons into a separate bowl.

Place the potatoes in a pot with the lemon juice, garlic and salt. Cover with water by one inch. Bring to a boil. Reduce the heat to medium-low and cook until just tender, 12 minutes. Drain. Transfer to a bowl and discard the garlic cloves.

Gently toss with the olive oil, lemon zest and parsley. Season with salt and pepper.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 72 Calories; 7g Fat (72.4% calories from fat); 1g Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 752mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	72
% Calories from Fat:	72.4%
% Calories from Carbohydrates:	24.3%
% Calories from Protein:	3.2%
Total Fat (g):	7g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	5g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): trace
 Protein (g): 1g
 Sodium (mg): 7522mg
 Potassium (mg): 75mg
 Calcium (mg): 17mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 23mg
 Vitamin A (i.u.): 77IU
 Vitamin A (r.e.): 7 1/2RE

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1 1/2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 72 Calories from Fat: 52

% Daily Values*

Total Fat 7g 11%
 Saturated Fat 1g 5%
Cholesterol 0mg 0%
Sodium 7522mg 313%
Total Carbohydrates 5g 2%
 Dietary Fiber trace 2%
Protein 1g

Vitamin A 2%
Vitamin C 38%
Calcium 2%
Iron 2%

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