

# Seasoned New Potatoes

*Southern Living - 1987 Annual Recipes*

## Servings: 4

2 tablespoons water  
1/4 teaspoon chicken-flavored  
bouillon granules  
1/2 teaspoon seasoned salt  
2 tablespoons lemon juice  
12 medium (2-1/2 pounds) new  
potatoes  
3 tablespoons butter or margarine  
1/4 cup fresh parsley, chopped

Place the water in a two-quart shallow casserole.  
Microwave on HIGH for 12 to 13 seconds. Add  
the bouillon granules. Stir until the granules are  
dissolved. Stir in the seasoned salt and lemon  
juice.

Scrub the potatoes and cut into 1/2-inch slices.  
Place in the seasoned liquid in the casserole.  
Cover with heavy-duty plastic wrap.

Microwave on HIGH for 14 to 16 minutes or until  
the potatoes are tender, stirring every 4 minutes.

Add the butter. Cover and microwave on HIGH  
for 1 minute.

Gently stir in the parsley.

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Per Serving (excluding unknown  
items): 369 Calories; 9g Fat (21.4%  
calories from fat); 8g Protein; 67g  
Carbohydrate; 6g Dietary Fiber;  
23mg Cholesterol; 283mg Sodium.  
Exchanges: 4 Grain(Starch); 0  
Lean Meat; 0 Vegetable; 0 Fruit; 1  
1/2 Fat; 0 Other Carbohydrates.

## Side Dishes

### Per Serving Nutritional Analysis

Calories (kcal):	369	Vitamin B6 (mg):	.9mg
% Calories from Fat:	21.4%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	70.4%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	8.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	9g	Folacin (mcg):	54mcg
Saturated Fat (g):	5g	Niacin (mg):	5mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
			0.0%

<b>Cholesterol (mg):</b>	23mg
<b>Carbohydrate (g):</b>	67g
<b>Dietary Fiber (g):</b>	6g
<b>Protein (g):</b>	8g
<b>Sodium (mg):</b>	283mg
<b>Potassium (mg):</b>	2020mg
<b>Calcium (mg):</b>	34mg
<b>Iron (mg):</b>	3mg
<b>Zinc (mg):</b>	1mg
<b>Vitamin C (mg):</b>	81mg
<b>Vitamin A (i.u.):</b>	522IU
<b>Vitamin A (r.e.):</b>	100RE

% Daily Values\*

## Food Exchanges

<b>Grain (Starch):</b>	4
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	1 1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 369 Calories from Fat: 79

### % Daily Values\*

<b>Total Fat</b> 9g	14%
Saturated Fat 5g	27%
<b>Cholesterol</b> 23mg	8%
<b>Sodium</b> 283mg	12%
<b>Total Carbohydrates</b> 67g	22%
Dietary Fiber 6g	24%
<b>Protein</b> 8g	

<b>Vitamin A</b>	10%
<b>Vitamin C</b>	134%
<b>Calcium</b>	3%
<b>Iron</b>	17%

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