

Creole Potatoes

Jean Hurley, Lafayette, LA
Southern Living - 1987 Annual Recipes

Servings: 8

16 small (two pounds) new potatoes
1 1/2 teaspoons Creole seasoning
1/4 cup butter or margarine, melted
1/2 cup chopped parsley
parsley sprigs (for garnish) (optional)

Cut the potatoes into quarters. Place in a steamer rack over boiling water. Cover and steam for 12 to 15 minutes or until tender.

Transfer the potatoes to a bowl. Sprinkle with Creole seasoning.

Add the butter and parsley. Toss, coating the potatoes thoroughly.

Garnish with parsley sprigs, if desired.

Per Serving (excluding unknown items): 247 Calories; 6g Fat (21.5% calories from fat); 5g Protein; 44g Carbohydrate; 4g Dietary Fiber; 16mg Cholesterol; 116mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 Fat; 0 Other Carbohydrates.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	247
% Calories from Fat:	21.5%
% Calories from Carbohydrates:	70.2%
% Calories from Protein:	8.3%
Total Fat (g):	6g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	16mg
Carbohydrate (g):	44g
Dietary Fiber (g):	4g
Protein (g):	5g

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	37mcg
Niacin (mg):	4mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	0

Sodium (mg): 116mg
Potassium (mg): 1348mg
Calcium (mg): 24mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 53mg
Vitamin A (i.u.): 412IU
Vitamin A (r.e.): 73RE

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 247 Calories from Fat: 53

% Daily Values*

Total Fat	6g	9%
Saturated Fat	4g	18%
Cholesterol	16mg	5%
Sodium	116mg	5%
Total Carbohydrates	44g	15%
Dietary Fiber	4g	16%
Protein	5g	
Vitamin A		8%
Vitamin C		88%
Calcium		2%
Iron		12%

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