



Best Breakfast Potatoes Ever

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



221 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 stick butter melted
- 0.5 teaspoon ground pepper
- 4 cloves garlic minced
- 2 bell pepper whole green seeded roughly chopped
- 12 servings pepper black freshly ground
- 0.3 cup olive oil
- 1 onion whole peeled roughly chopped
- 2 bell pepper whole red seeded roughly chopped

- 5 Pounds potatoes – remove skin red cut into chunks
- 1 teaspoon lawry's seasoned salt

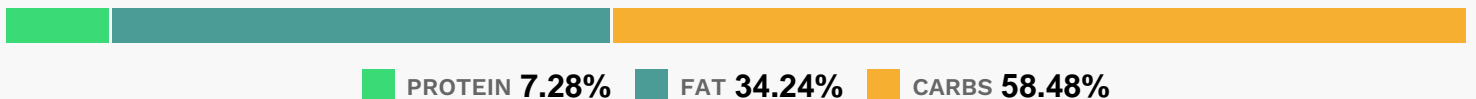
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat the oven to 425 degrees F. In a large bowl, toss together the potatoes, garlic, onion, green bell pepper, red bell pepper, olive oil, butter, seasoned salt, cayenne pepper and some kosher salt and pepper.
- Pour potatoes onto two rimmed baking sheets.
- Bake for 20 to 25 minutes, shaking the pan twice. Raise the heat to 500 degrees and bake until crisp and brown, 15 to 20 minutes, tossing twice.
- Sprinkle with a little more salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:0.61, Inflammation Score:-7, Nutrition Score:12.891739176667%

Flavonoids

Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 220.63kcal (11.03%), Fat: 8.71g (13.4%), Saturated Fat: 3.14g (19.62%), Carbohydrates: 33.47g (11.16%), Net Carbohydrates: 29.28g (10.65%), Sugar: 4.16g (4.62%), Cholesterol: 10.12mg (3.37%), Sodium: 260.14mg (11.31%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.16g (8.33%), Vitamin C: 58.64mg (71.08%), Potassium: 958.11mg (27.37%), Vitamin B6: 0.45mg (22.47%), Manganese: 0.36mg (17.82%), Vitamin A: 860.75IU (17.22%), Fiber: 4.19g (16.77%), Copper: 0.28mg (13.9%), Phosphorus: 130.13mg (13.01%), Vitamin B3: 2.49mg (12.44%), Vitamin B1: 0.18mg (12.13%), Magnesium: 47.51mg (11.88%), Folate: 47.14µg (11.79%), Vitamin K: 11.24µg (10.71%), Iron: 1.61mg (8.96%), Vitamin E: 1.19mg (7.94%), Vitamin B5: 0.63mg (6.34%), Vitamin B2: 0.09mg (5.12%), Zinc: 0.73mg (4.89%), Calcium: 28.05mg (2.81%), Selenium: 1.21µg (1.73%)