



Best Breakfast Potatoes Ever

 Vegetarian  Gluten Free

READY IN

ready

50 min.

SERVINGS

servings

8

CALORIES

calories

324 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 stick butter melted
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 4 cloves garlic minced
- ☐ 1 bell pepper green seeded roughly chopped
- ☐ 8 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup olive oil
- ☐ 1 onion chopped
- ☐ 1 bell pepper red seeded roughly chopped

- ☐ 5 pounds potatoes red
- ☐ 1 teaspoon lawry's seasoned salt

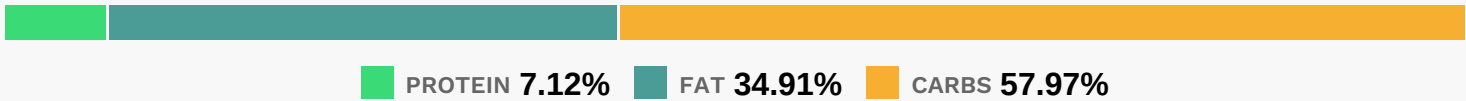
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ 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.
- ☐ Bake for 20 to 25 minutes, shaking the pan twice.
- ☐ Raise the heat to 500 degrees and bake until crisp and brown, 10 to 15 minutes.
- ☐ Sprinkle with a little more salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:0.67, Inflammation Score:-7, Nutrition Score:16.197391238549%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 323.73kcal (16.19%), Fat: 12.99g (19.98%), Saturated Fat: 4.69g (29.31%), Carbohydrates: 48.52g (16.17%), Net Carbohydrates: 42.83g (15.58%), Sugar: 5.25g (5.84%), Cholesterol: 15.18mg (5.06%), Sodium: 582.93mg

(25.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.91%), Vitamin C: 56.96mg (69.04%), Potassium: 1377.79mg (39.37%), Vitamin B6: 0.6mg (29.85%), Manganese: 0.48mg (24.06%), Fiber: 5.68g (22.74%), Copper: 0.4mg (20.15%), Phosphorus: 188.12mg (18.81%), Vitamin B3: 3.51mg (17.57%), Vitamin B1: 0.26mg (17.08%), Magnesium: 67.74mg (16.93%), Folate: 62.36µg (15.59%), Vitamin A: 769.53IU (15.39%), Vitamin K: 14.79µg (14.09%), Iron: 2.29mg (12.73%), Vitamin E: 1.5mg (9.97%), Vitamin B5: 0.89mg (8.86%), Zinc: 1.04mg (6.96%), Vitamin B2: 0.11mg (6.68%), Calcium: 39mg (3.9%), Selenium: 1.8µg (2.57%)