



## Broccoli Cheese Skillet Potatoes

 **Gluten Free**

READY IN



**25 min.**

SERVINGS



**4**

CALORIES



**242 kcal**

**SIDE DISH**

### Ingredients

- 2 tablespoons butter
- 10.8 ounce condensed cream of cheddar cheese soup fat free 98% canned (Regular or )
- 4 servings parsley fresh chopped for garnish
- 0.1 teaspoon pepper black
- 0.3 cup milk
- 1 small onion sliced
- 1.3 pounds potatoes cooked sliced

### Equipment

frying pan

## Directions

- Heat the butter in a 10-inch skillet over medium heat.
- Add the onion and cook until it's tender.
- Stir the soup, milk, pepper and potatoes in the skillet and heat through.
- Sprinkle with parsley.

## Nutrition Facts

 **PROTEIN 8.41%**  **FAT 35.28%**  **CARBS 56.31%**

## Properties

Glycemic Index:65.69, Glycemic Load:18.9, Inflammation Score:-7, Nutrition Score:12.894782807516%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

## Nutrients (% of daily need)

Calories: 241.85kcal (12.09%), Fat: 9.58g (14.73%), Saturated Fat: 5.26g (32.85%), Carbohydrates: 34.4g (11.47%), Net Carbohydrates: 30.23g (10.99%), Sugar: 4.09g (4.55%), Cholesterol: 20.54mg (6.85%), Sodium: 463.43mg (20.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.27%), Vitamin K: 69.02µg (65.73%), Vitamin C: 34.54mg (41.87%), Potassium: 1021.85mg (29.2%), Vitamin B6: 0.46mg (22.78%), Vitamin A: 855.4IU (17.11%), Fiber: 4.17g (16.69%), Manganese: 0.25mg (12.73%), Phosphorus: 110.51mg (11.05%), Magnesium: 39.04mg (9.76%), Vitamin B1: 0.14mg (9.11%), Copper: 0.17mg (8.35%), Folate: 32.31µg (8.08%), Vitamin B3: 1.59mg (7.96%), Calcium: 77.9mg (7.79%), Iron: 1.4mg (7.77%), Vitamin B5: 0.54mg (5.42%), Vitamin B2: 0.08mg (4.97%), Zinc: 0.57mg (3.83%), Vitamin B12: 0.12µg (2.03%), Vitamin D: 0.22µg (1.49%), Vitamin E: 0.22mg (1.47%), Selenium: 0.98µg (1.39%)