



Butter Fried Potatoes



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 2 cloves garlic minced
- ☐ 0.5 onion diced
- ☐ 2 large potatoes cut into 1/2-inch cubes

Equipment

- ☐ frying pan

Directions

- ☐ Melt 4 1/2 tablespoons butter in a large skillet over medium-high heat; cook and stir potatoes until golden brown, 10 to 15 minutes.
- ☐ Meanwhile, melt remaining 1 1/2 tablespoons butter in another skillet over medium heat; cook and stir onion and garlic until tender, about 5 minutes. Reduce heat to medium-low and continue cooking until garlic is lightly browned, 5 to 10 minutes more. Stir onion mixture into potatoes.
- ☐ Cook and stir potatoes and onion until potatoes are tender, about 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:47.69, Glycemic Load:24.02, Inflammation Score:-5, Nutrition Score:9.8360869094082%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 187.44kcal (9.37%), Fat: 4.45g (6.84%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 34.02g (11.34%), Net Carbohydrates: 29.69g (10.8%), Sugar: 2.04g (2.27%), Cholesterol: 11.29mg (3.76%), Sodium: 45.63mg (1.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin C: 37.83mg (45.86%), Vitamin B6: 0.58mg (28.98%), Potassium: 804.09mg (22.97%), Fiber: 4.32g (17.3%), Manganese: 0.33mg (16.26%), Phosphorus: 112.71mg (11.27%), Magnesium: 44.29mg (11.07%), Vitamin B1: 0.16mg (10.48%), Copper: 0.21mg (10.46%), Vitamin B3: 1.97mg (9.87%), Iron: 1.49mg (8.3%), Folate: 32.33µg (8.08%), Vitamin B5: 0.58mg (5.78%), Vitamin B2: 0.07mg (3.89%), Zinc: 0.58mg (3.87%), Vitamin K: 3.95µg (3.77%), Calcium: 29.28mg (2.93%), Vitamin A: 135.3IU (2.71%), Selenium: 0.89µg (1.27%)