

# Butter Potatoes



Vegetarian



Gluten Free



Low Fod Map

READY IN



70 min.

SERVINGS



3

CALORIES



662 kcal

SIDE DISH

## Ingredients

- 1 pound baking potatoes
- 1 cup butter
- 3 servings salt and pepper to taste

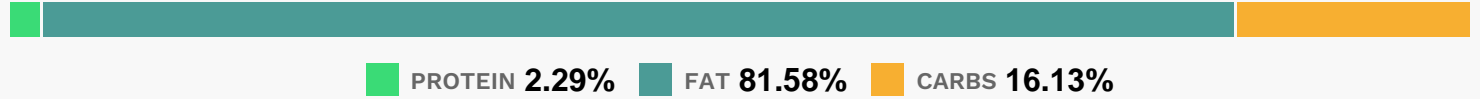
## Equipment

- frying pan
- oven
- grill
- aluminum foil

## Directions

- Peel and dice potatoes, arrange in a pan or on a sheet of tin foil. Season with salt and pepper.
- Place butter on top.
- Put potatoes on grill or in the oven at 375 degrees F (190 degrees C).
- Mix around so they get all buttery and don't burn. Cook until potatoes are soft.

## Nutrition Facts



## Properties

Glycemic Index:44.92, Glycemic Load:21.51, Inflammation Score:-8, Nutrition Score:9.1295652596847%

## Nutrients (% of daily need)

Calories: 661.98kcal (33.1%), Fat: 61.49g (94.59%), Saturated Fat: 38.93g (243.32%), Carbohydrates: 27.37g (9.12%), Net Carbohydrates: 25.4g (9.24%), Sugar: 0.98g (1.09%), Cholesterol: 162.68mg (54.23%), Sodium: 687.89mg (29.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Vitamin A: 1892.42IU (37.85%), Vitamin B6: 0.52mg (26.2%), Potassium: 648.69mg (18.53%), Manganese: 0.24mg (11.89%), Vitamin E: 1.77mg (11.8%), Vitamin C: 8.62mg (10.45%), Phosphorus: 101.32mg (10.13%), Magnesium: 36.29mg (9.07%), Vitamin B1: 0.13mg (8.52%), Vitamin B3: 1.6mg (7.98%), Fiber: 1.97g (7.86%), Copper: 0.16mg (7.79%), Vitamin K: 8.02µg (7.64%), Iron: 1.32mg (7.32%), Folate: 23.44µg (5.86%), Vitamin B5: 0.54mg (5.38%), Vitamin B2: 0.08mg (4.45%), Calcium: 37.94mg (3.79%), Zinc: 0.51mg (3.38%), Vitamin B12: 0.13µg (2.14%), Selenium: 1.36µg (1.95%)