



Cast Iron Home Fries



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 jalapeño chiles
- ☐ 2 pounds new potatoes red cooked halved
- ☐ 1 onion spanish peeled cut into 1/ slices
- ☐ 1 bell pepper red
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 servings vegetable oil
- ☐ 1 bell pepper yellow

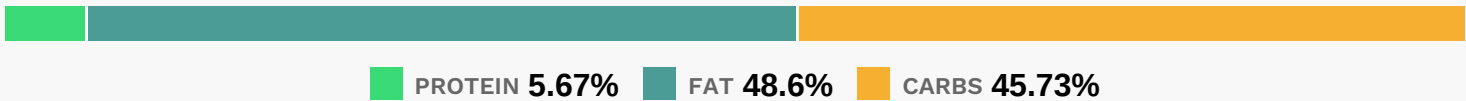
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat grill to high.
- ☐ Brush potatoes halves, onion slices, peppers, and chiles with oil and season with salt and pepper, to taste. Grill potatoes and onions for 2 to 3 minutes per side or until just cooked through and slightly charred.
- ☐ Remove from heat, cut each potato half in half again, and finely chop the onions.
- ☐ Grill peppers and chiles until charred on all sides.
- ☐ Remove from the grill, place in a bowl, cover, and let steam for 5 minutes.
- ☐ Remove skin and finely dice.
- ☐ Melt butter in a 9-inch cast iron skillet on the grates of the grill.
- ☐ Add the potatoes, onions, peppers, and chiles all in 1 layer and pack down. Cook until crisp and nicely browned.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.03, Inflammation Score:-9, Nutrition Score:18.129130361521%

Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

Nutrients (% of daily need)

Calories: 361.5kcal (18.08%), Fat: 20.2g (31.08%), Saturated Fat: 5.86g (36.61%), Carbohydrates: 42.76g (14.25%), Net Carbohydrates: 37.35g (13.58%), Sugar: 5.63g (6.26%), Cholesterol: 15.05mg (5.02%), Sodium: 282.72mg (12.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.61%), Vitamin C: 122.51mg (148.5%), Potassium: 1217mg (34.77%), Vitamin K: 35.68µg (33.98%), Vitamin B6: 0.58mg (29.23%), Vitamin A: 1257.79IU (25.16%), Fiber: 5.41g (21.65%), Manganese: 0.43mg (21.53%), Copper: 0.35mg (17.74%), Folate: 69.57µg (17.39%), Phosphorus: 164.7mg (16.47%), Vitamin B3: 3.29mg (16.43%), Magnesium: 60.98mg (15.25%), Vitamin B1: 0.22mg (14.93%), Vitamin E: 2.06mg (13.71%), Iron: 2mg (11.12%), Vitamin B5: 0.84mg (8.41%), Vitamin B2: 0.12mg (6.93%), Zinc: 0.94mg (6.24%), Calcium: 37mg (3.7%), Selenium: 1.49µg (2.13%)