



Cheddar Potatoes and Onions



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 0.8 teaspoon lemon pepper
- ☐ 1 pound potatoes red
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cheddar cheese shredded
- ☐ 1 medium vidalia sweet cut into 1/4-inch-thick wedges

Equipment

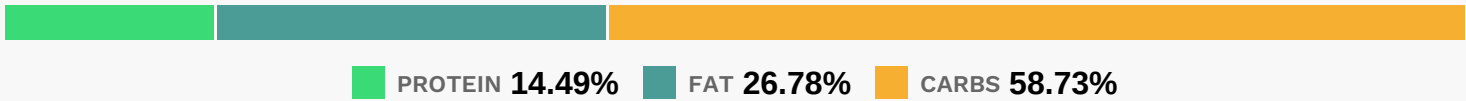
- ☐ paper towels
- ☐ oven

- ☐ baking pan
- ☐ microwave

Directions

- ☐ Preheat oven to 35
- ☐ Pierce potatoes with a fork; arrange on paper towels in microwave oven. Microwave at high for 5 to 6 minutes, turning once.
- ☐ Let stand 1 minute.
- ☐ Cut potatoes lengthwise into quarters.
- ☐ Place potatoes and onion wedges in an 8-inch square baking pan coated with cooking spray. Lightly coat tops of vegetables with cooking spray, and sprinkle evenly with lemon pepper and salt.
- ☐ Bake at 350 for 30 minutes.
- ☐ Sprinkle with cheese; cook an additional 3 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.14, Inflammation Score:-5, Nutrition Score:8.3591304136359%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.75mg, Quercetin: 12.75mg, Quercetin: 12.75mg, Quercetin: 12.75mg

Nutrients (% of daily need)

Calories: 164.43kcal (8.22%), Fat: 5.04g (7.75%), Saturated Fat: 2.76g (17.23%), Carbohydrates: 24.86g (8.29%), Net Carbohydrates: 22.09g (8.03%), Sugar: 5.67g (6.3%), Cholesterol: 14.13mg (4.71%), Sodium: 410.17mg (17.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.27%), Potassium: 630.35mg (18.01%), Vitamin C: 13.72mg (16.64%), Phosphorus: 156.8mg (15.68%), Vitamin B6: 0.31mg (15.56%), Manganese: 0.27mg (13.64%), Calcium: 129.59mg (12.96%), Fiber: 2.77g (11.07%), Folate: 42.47µg (10.62%), Copper: 0.21mg (10.41%), Magnesium: 36.86mg (9.21%), Vitamin B1: 0.13mg (8.69%), Selenium: 5µg (7.14%), Vitamin B3: 1.42mg (7.12%), Vitamin B2: 0.11mg

(6.75%), Zinc: 1.01mg (6.7%), Iron: 1.1mg (6.14%), Vitamin B5: 0.46mg (4.61%), Vitamin K: 4.49µg (4.28%), Vitamin A: 152.35IU (3.05%), Vitamin B12: 0.15µg (2.5%)