



Chili-Fried Potatoes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



160 kcal

SIDE DISH

Ingredients

- 1 pound baking potato cubed unpeeled
- 1 teaspoon chili powder
- 0.5 teaspoon olive oil
- 1 small onion separated halved thinly sliced
- 0.5 teaspoon salt
- 2 ounces preshredded sharp cheddar cheese reduced-fat

Equipment

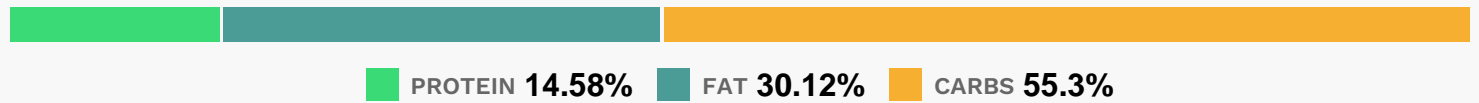
- frying pan

steamer basket

Directions

- Arrange potato in a steamer basket over boiling water. Cover and steam 10 minutes or until tender.
- Remove from heat.
- Coat a large nonstick skillet with cooking spray; add oil.
- Place over medium-high heat until hot.
- Add onion; saut 3 minutes or until tender.
- Add potato, chili powder, and salt. Cook 5 minutes or until potato is lightly browned, stirring often.
- Sprinkle cheese over potato. Cover, remove from heat, and let stand 1 minute or until cheese melts.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.69, Glycemic Load:16.57, Inflammation Score:-4, Nutrition Score:7.2878261985986%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 160.25kcal (8.01%), Fat: 5.5g (8.46%), Saturated Fat: 2.84g (17.75%), Carbohydrates: 22.72g (7.57%), Net Carbohydrates: 20.77g (7.55%), Sugar: 1.53g (1.7%), Cholesterol: 14.17mg (4.72%), Sodium: 397.97mg (17.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.98%), Vitamin B6: 0.43mg (21.62%), Potassium: 519.15mg (14.83%), Phosphorus: 133.86mg (13.39%), Calcium: 120.82mg (12.08%), Manganese: 0.21mg (10.56%), Vitamin C: 7.76mg (9.41%), Magnesium: 32.41mg (8.1%), Fiber: 1.95g (7.78%), Vitamin B1: 0.11mg (7.09%), Copper: 0.13mg (6.68%), Selenium: 4.66µg (6.65%), Vitamin B2: 0.11mg (6.43%), Vitamin B3: 1.26mg (6.3%), Iron: 1.13mg (6.26%), Zinc: 0.9mg (6.01%), Vitamin A: 291.77IU (5.84%), Folate: 22.32µg (5.58%), Vitamin B5: 0.43mg (4.26%), Vitamin K: 3.28µg (3.12%), Vitamin E: 0.38mg (2.56%), Vitamin B12: 0.15µg (2.5%)