



Cilantro and Garlic Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



360 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon cumin
- ☐ 2 cups cilantro leaves fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 quart oil for frying or as needed
- ☐ 4 large potatoes cubed
- ☐ 8 servings salt to taste
- ☐ 1 teaspoon vegetable oil

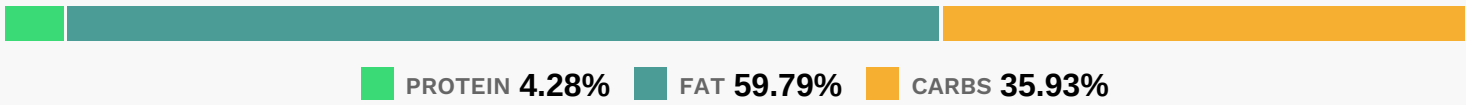
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat the oil in a deep-fryer to 375 degrees F (190 degrees C). When the oil is hot, add potatoes, and cook until golden brown, about 8 minutes.
- ☐ Drain on paper towels.
- ☐ Meanwhile, heat the oil in a large skillet over medium heat.
- ☐ Add the cilantro and garlic; cook and stir for about 5 minutes. After draining the potatoes, add them to the skillet along with the cumin, lemon juice and salt. Stir to coat the potatoes, and serve.

Nutrition Facts



Properties

Glycemic Index:18.84, Glycemic Load:23.75, Inflammation Score:-6, Nutrition Score:12.445652096168%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 360.22kcal (18.01%), Fat: 24.45g (37.61%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 33.06g (11.02%), Net Carbohydrates: 28.84g (10.49%), Sugar: 1.54g (1.71%), Cholesterol: 0mg (0%), Sodium: 207.18mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.87%), Vitamin C: 38.63mg (46.82%), Vitamin K: 33.84µg (32.23%), Vitamin E: 4.31mg (28.75%), Vitamin B6: 0.57mg (28.51%), Potassium: 807.81mg (23.08%), Fiber: 4.22g (16.89%), Manganese: 0.33mg (16.46%), Magnesium: 44.42mg (11.11%), Phosphorus: 110.15mg (11.02%), Copper: 0.21mg (10.71%), Vitamin B1: 0.15mg (10.3%), Vitamin B3: 2.01mg (10.03%), Iron: 1.62mg (9.01%), Folate: 32.43µg (8.11%), Vitamin B5: 0.58mg (5.8%), Vitamin A: 275.45IU (5.51%), Vitamin B2: 0.07mg (3.99%), Zinc: 0.58mg (3.87%),

Calcium: 28.93mg (2.89%), Selenium: 0.81µg (1.16%)