



Country Style Fried Potatoes



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 teaspoon paprika
- ☐ 6 large potatoes cubed peeled
- ☐ 1 teaspoon salt
- ☐ 0.3 cup shortening

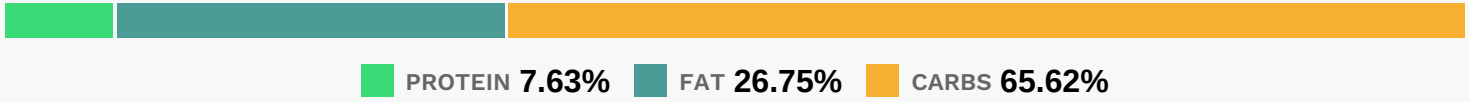
Equipment

- ☐ frying pan

Directions

- ☐ In a large cast iron skillet, heat shortening over medium-high heat.
- ☐ Add potatoes and cook, stirring occasionally, until potatoes are golden brown. Season with salt, pepper, garlic powder and paprika.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:47.22, Inflammation Score:-6, Nutrition Score:18.957826116811%

Flavonoids

Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 386.52kcal (19.33%), Fat: 11.75g (18.08%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 64.84g (21.61%), Net Carbohydrates: 56.6g (20.58%), Sugar: 2.9g (3.23%), Cholesterol: 0mg (0%), Sodium: 410.47mg (17.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.54g (15.07%), Vitamin C: 72.7mg (88.12%), Vitamin B6: 1.1mg (54.84%), Potassium: 1562.57mg (44.64%), Fiber: 8.24g (32.96%), Manganese: 0.59mg (29.6%), Magnesium: 85.65mg (21.41%), Phosphorus: 212.15mg (21.22%), Copper: 0.4mg (20.18%), Vitamin B1: 0.3mg (19.95%), Vitamin B3: 3.91mg (19.55%), Iron: 2.95mg (16.42%), Folate: 59.27µg (14.82%), Vitamin K: 13.48µg (12.84%), Vitamin B5: 1.18mg (11.78%), Zinc: 1.09mg (7.25%), Vitamin B2: 0.12mg (7.1%), Vitamin E: 0.79mg (5.25%), Calcium: 45.95mg (4.6%), Vitamin A: 90.38IU (1.81%), Selenium: 1.19µg (1.69%)