

# Crumby Potatoes

 Vegetarian

READY IN



75 min.

SERVINGS



8

CALORIES



199 kcal

SIDE DISH

## Ingredients

- 4 large baking potatoes peeled halved lengthwise
- 2 tablespoons butter melted
- 0.3 teaspoon basil dried
- 0.5 cup breadcrumbs dry
- 0.1 teaspoon pepper black
- 0.3 teaspoon oregano dried
- 1 teaspoon paprika
- 1 teaspoon salt

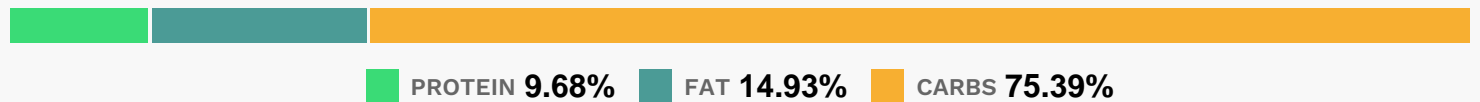
## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a small shallow bowl, mix bread crumbs, paprika, salt, dried basil, dried oregano and pepper.
- Brush potato halves with melted butter, and roll in the bread crumb mixture to coat.
- Arrange potato halves in a medium baking dish.
- Bake 1 hour in the preheated oven, or until tender.

## Nutrition Facts



## Properties

Glycemic Index:23.34, Glycemic Load:26.24, Inflammation Score:-4, Nutrition Score:9.203043481578%

## Nutrients (% of daily need)

Calories: 198.53kcal (9.93%), Fat: 3.38g (5.2%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 38.41g (12.8%), Net Carbohydrates: 35.58g (12.94%), Sugar: 1.59g (1.77%), Cholesterol: 7.53mg (2.51%), Sodium: 372.04mg (16.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.86%), Vitamin B6: 0.65mg (32.57%), Potassium: 791.22mg (22.61%), Manganese: 0.37mg (18.33%), Vitamin B1: 0.22mg (14.52%), Vitamin C: 10.52mg (12.75%), Vitamin B3: 2.39mg (11.94%), Magnesium: 46.3mg (11.58%), Phosphorus: 114.46mg (11.45%), Fiber: 2.84g (11.34%), Iron: 2.02mg (11.24%), Copper: 0.21mg (10.54%), Folate: 33.53µg (8.38%), Vitamin B5: 0.6mg (6.04%), Vitamin B2: 0.09mg (5.48%), Vitamin K: 5.19µg (4.94%), Zinc: 0.65mg (4.35%), Vitamin A: 213.91IU (4.28%), Calcium: 39.77mg (3.98%), Selenium: 2.5µg (3.57%), Vitamin E: 0.19mg (1.29%)