



## Cubed Parmesan Potatoes

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



323 kcal

SIDE DISH

### Ingredients

- 2 medium baking potatoes cubed peeled
- 2 tablespoons butter melted
- 2 servings parsley dried
- 1 teaspoon juice of lemon
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon pepper
- 0.5 teaspoon lawry's seasoned salt

### Equipment

microwave

## Directions

In a 1-qt. microwave-safe dish, combine butter and lemon juice.

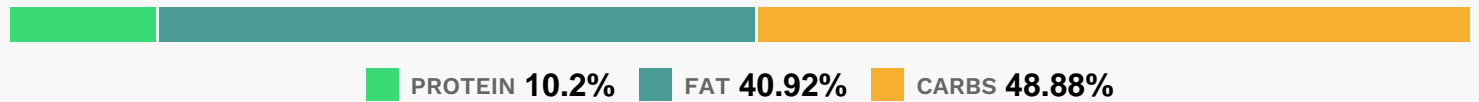
Add potatoes; toss to coat.

Sprinkle with Parmesan cheese, seasoned salt and pepper; toss to coat. Cover and microwave on high for 3–5 minutes or until tender, turning once.

Let stand for 5 minutes.

Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:83.38, Glycemic Load:30.31, Inflammation Score:-5, Nutrition Score:11.489130493091%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 322.74kcal (16.14%), Fat: 15.04g (23.14%), Saturated Fat: 9.19g (57.47%), Carbohydrates: 40.43g (13.48%), Net Carbohydrates: 37.56g (13.66%), Sugar: 1.41g (1.57%), Cholesterol: 40.97mg (13.66%), Sodium: 901.32mg (39.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.88%), Vitamin B6: 0.75mg (37.41%), Potassium: 923.27mg (26.38%), Phosphorus: 200.79mg (20.08%), Manganese: 0.39mg (19.43%), Vitamin C: 13.23mg (16.04%), Calcium: 144.31mg (14.43%), Magnesium: 54.64mg (13.66%), Vitamin B1: 0.18mg (11.99%), Copper: 0.23mg (11.47%), Fiber: 2.87g (11.47%), Vitamin B3: 2.24mg (11.18%), Iron: 1.94mg (10.8%), Vitamin A: 463.57IU (9.27%), Folate: 31.71µg (7.93%), Zinc: 1.18mg (7.88%), Selenium: 5.4µg (7.71%), Vitamin B2: 0.12mg (7.14%), Vitamin B5: 0.7mg (7.05%), Vitamin K: 6.8µg (6.47%), Vitamin B12: 0.19µg (3.21%), Vitamin E: 0.43mg (2.83%)