



## Diner-Style Baked Potato Home Fries

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



200 kcal

SIDE DISH

### Ingredients

- 2 large baking potatoes
- 2 tablespoons butter
- 4 servings salt and ground pepper black to taste
- 0.3 cup onion chopped

### Equipment

- frying pan
- oven
- microwave

## Directions

- Scrub the potatoes well and pierce with a fork. Cook on full power in microwave oven for 5 minutes; turn the potatoes over and cook 5 more minutes.
- Remove the potatoes from the oven and set aside to cool. Thinly slice the cooled potatoes.
- Cook and stir the butter and onion in a large skillet over medium heat until the onion is translucent, about 5 minutes. Gently place the potatoes into the skillet and fry, carefully flipping the potatoes a few times, until slices are browned around the edges.
- Sprinkle with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:48.44, Glycemic Load:26.44, Inflammation Score:-4, Nutrition Score:8.1882608954025%

## Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

## Nutrients (% of daily need)

Calories: 200.2kcal (10.01%), Fat: 5.84g (8.98%), Saturated Fat: 3.65g (22.82%), Carbohydrates: 34.34g (11.45%), Net Carbohydrates: 31.75g (11.54%), Sugar: 1.57g (1.75%), Cholesterol: 15.05mg (5.02%), Sodium: 54.65mg (2.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Vitamin B6: 0.65mg (32.45%), Potassium: 786.97mg (22.48%), Manganese: 0.32mg (15.77%), Vitamin C: 11.26mg (13.64%), Magnesium: 43.75mg (10.94%), Phosphorus: 106.21mg (10.62%), Vitamin B1: 0.16mg (10.42%), Fiber: 2.59g (10.38%), Copper: 0.2mg (9.76%), Vitamin B3: 1.93mg (9.63%), Iron: 1.62mg (8.99%), Folate: 27.96µg (6.99%), Vitamin B5: 0.58mg (5.77%), Vitamin B2: 0.07mg (3.89%), Vitamin K: 4.01µg (3.82%), Zinc: 0.56mg (3.73%), Vitamin A: 177.52IU (3.55%), Calcium: 28.41mg (2.84%), Vitamin E: 0.18mg (1.23%), Selenium: 0.86µg (1.23%)