




Emily's Famous Fried Potatoes

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



212 kcal

SIDE DISH

Ingredients

- 1 tablespoon basil fresh chopped
- 1 teaspoon rosemary fresh chopped
- 4 cloves garlic minced
- 6 servings salt and ground pepper black to taste
- 2 tablespoons olive oil light
- 1 teaspoon oregano fresh chopped
- 0.5 onion red chopped
- 6 medium potatoes diced red

- 2 tablespoons red wine vinegar
- 1 bunch pkt spinach fresh rinsed

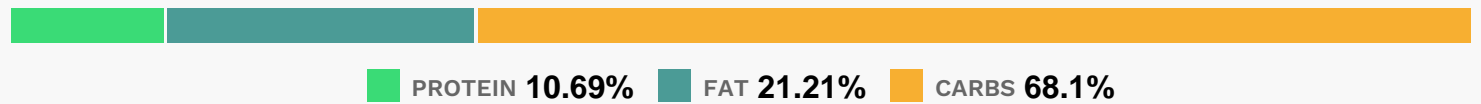
Equipment

- frying pan
- sauce pan

Directions

- Place potatoes in a large saucepan over medium heat, and cover with water. Bring to a boil, and cook until tender.
- Drain, and set aside.
- Heat oil in a large, heavy skillet over medium heat.
- Saute the onion and garlic with the basil, rosemary, and oregano until the onion is just tender. Throw in the potatoes, and fry until lightly browned. Cover with spinach, and sprinkle with vinegar. Cover, and cook on low until the spinach is tender.
- Remove from heat, and stir the mixture together. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:0.65, Inflammation Score:-10, Nutrition Score:24.579999985902%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg, Kaempferol: 3.68mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg

Nutrients (% of daily need)

Calories: 212.22kcal (10.61%), Fat: 5.23g (8.04%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 37.76g (12.59%), Net Carbohydrates: 32.52g (11.83%), Sugar: 3.41g (3.79%), Cholesterol: 0mg (0%), Sodium: 84.43mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Vitamin K: 286.38µg (272.74%), Vitamin A: 5353.19IU

(107.06%), Manganese: 0.89mg (44.48%), Vitamin C: 35.64mg (43.2%), Folate: 151.13µg (37.78%), Potassium: 1315.37mg (37.58%), Vitamin B6: 0.51mg (25.64%), Magnesium: 94.54mg (23.64%), Fiber: 5.24g (20.96%), Copper: 0.37mg (18.7%), Iron: 3.34mg (18.54%), Phosphorus: 164.66mg (16.47%), Vitamin B1: 0.23mg (15.05%), Vitamin B3: 2.9mg (14.51%), Vitamin E: 1.91mg (12.74%), Vitamin B2: 0.18mg (10.59%), Calcium: 89.88mg (8.99%), Zinc: 1.06mg (7.04%), Vitamin B5: 0.66mg (6.6%), Selenium: 1.98µg (2.83%)