



Fiery Red Pepper Potatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



192 kcal

SIDE DISH

Ingredients

- 1 pinch cayenne pepper to taste
- 4 green onions chopped
- 3 potatoes cut into bite sized pieces
- 1 large bell pepper red chopped
- 2 teaspoons sesame seed
- 1.5 tablespoons soya sauce
- 1.5 tablespoons vegetable oil

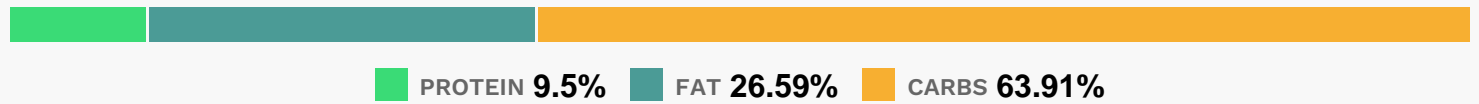
Equipment

- bowl
- frying pan
- whisk

Directions

- Whisk the soy sauce and cayenne pepper in a small bowl until the cayenne pepper is dissolved; set aside.
- Heat the vegetable oil in a large skillet over medium-high heat; cook the potatoes in the hot oil until golden brown, about 5 minutes. Stir in the onions, bell pepper, and sesame seeds; cook 1 minute more.
- Pour the soy sauce mixture over the potatoes; cook and stir until the liquid is completely absorbed, 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:57.44, Glycemic Load:21.22, Inflammation Score:-8, Nutrition Score:16.222173913665%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 192.45kcal (9.62%), Fat: 5.9g (9.07%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 31.89g (10.63%), Net Carbohydrates: 27.02g (9.83%), Sugar: 3.37g (3.74%), Cholesterol: 0mg (0%), Sodium: 390.32mg (16.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.48%), Vitamin C: 86.23mg (104.52%), Vitamin K: 39.28µg (37.41%), Vitamin B6: 0.62mg (31%), Vitamin A: 1417.04IU (28.34%), Potassium: 811.67mg (23.19%), Fiber: 4.87g (19.47%), Manganese: 0.37mg (18.42%), Folate: 54.31µg (13.58%), Magnesium: 50.31mg (12.58%), Vitamin B3: 2.46mg (12.31%), Phosphorus: 121.3mg (12.13%), Copper: 0.24mg (11.97%), Vitamin B1: 0.17mg (11.23%), Iron: 1.91mg (10.61%), Vitamin E: 1.16mg (7.71%), Vitamin B2: 0.11mg (6.38%), Vitamin B5: 0.64mg (6.38%), Zinc: 0.72mg (4.8%), Calcium: 41.82mg (4.18%), Selenium: 0.99µg (1.42%)