



## Fingerling Homefries

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

### Ingredients

- 1 pound fingerling potatoes
- 4 servings olive oil extra virgin extra-virgin
- 1 medium onion diced
- 3 tablespoons parsley chopped
- 1 pinch pepper red crushed
- 4 servings salt

### Equipment

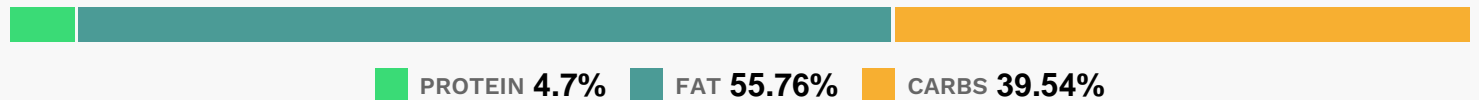
- frying pan

pot

## Directions

- Place the potatoes in a pot, cover them with water and season the water abundantly with salt. Bring to a boil and cook the potatoes until a fork slides in and out of them easily.
- Drain potatoes and cool.
- Coat a large saute pan generously with olive oil.
- Add the onions, season with salt and bring the pan to a medium high heat.
- Add the crushed red pepper flakes and saute for 7 to 8 minutes or until the onions are soft and wilted but do not have any color.
- Using the heel of your hand, smash the boiled potatoes to flatten and to break apart.
- Add to the pan, toss with onions and then flatten them against the bottom of the pan so they begin to form a crust. Repeat this process a few times so a lot of crust forms. Season with salt and toss with the chopped parsley.

## Nutrition Facts



## Properties

Glycemic Index:35.69, Glycemic Load:15.1, Inflammation Score:-5, Nutrition Score:9.9486957192421%

## Flavonoids

Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

## Nutrients (% of daily need)

Calories: 223.23kcal (11.16%), Fat: 14.16g (21.78%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 19.51g (7.1%), Sugar: 2.08g (2.31%), Cholesterol: 0mg (0%), Sodium: 204.06mg (8.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Vitamin K: 59.92µg (57.07%), Vitamin C: 28.36mg (34.38%), Vitamin B6: 0.37mg (18.54%), Potassium: 534.84mg (15.28%), Vitamin E: 2.06mg (13.77%), Fiber: 3.07g (12.28%), Manganese: 0.21mg (10.73%), Magnesium: 30.37mg (7.59%), Phosphorus: 74.43mg (7.44%), Vitamin B1: 0.11mg (7.07%), Folate: 27.94µg (6.98%), Copper: 0.14mg (6.9%), Iron: 1.21mg (6.74%), Vitamin B3: 1.27mg (6.35%), Vitamin

A: 262.95IU (5.26%), Vitamin B5: 0.38mg (3.82%), Vitamin B2: 0.05mg (2.76%), Zinc: 0.41mg (2.73%), Calcium: 24.42mg (2.44%)