



Fireside Potatoes And Vegetables



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds baking potatoes cut into 1/2-inch cubes
- ☐ 0.3 teaspoon pepper black
- ☐ 1.3 cups bell pepper green chopped
- ☐ 8 ounce pre- mushrooms
- ☐ 1 teaspoon olive oil
- ☐ 2 cups onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 1 teaspoon paprika

- ☐ 0.5 cup parsley chopped
- ☐ 1.3 teaspoons salt
- ☐ 4 ounces sharp cheddar cheese shredded reduced-fat
- ☐ 0.3 cup water

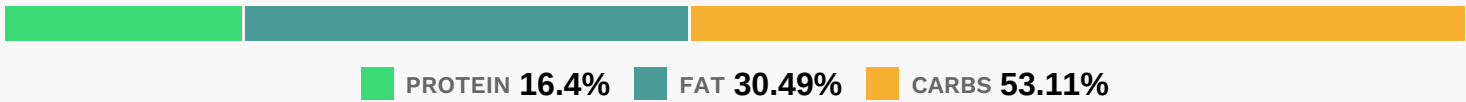
Equipment

- ☐ frying pan

Directions

- ☐ Arrange potato in a vegetable steamer. Steam, covered, 10 to 12 minutes or just until tender.
- ☐ Coat a 12-inch nonstick skillet with cooking spray; add oil.
- ☐ Place over medium-high heat until hot.
- ☐ Add onion and next 4 ingredients; saut 6 to 8 minutes or until tender. Stir in water.
- ☐ Remove from heat; add potato, parsley, salt, and black pepper. Toss gently. Top with cheese; cover and let stand 5 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:66.19, Glycemic Load:26.68, Inflammation Score:-9, Nutrition Score:26.056086731994%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg, Luteolin: 2.44mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 17.36mg, Quercetin: 17.36mg, Quercetin: 17.36mg, Quercetin: 17.36mg

Nutrients (% of daily need)

Calories: 319.04kcal (15.95%), Fat: 11.28g (17.36%), Saturated Fat: 5.75g (35.91%), Carbohydrates: 44.22g (14.74%), Net Carbohydrates: 38.57g (14.03%), Sugar: 6.99g (7.77%), Cholesterol: 28.35mg (9.45%), Sodium: 933.6mg (40.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.31%), Vitamin K: 135.05µg (128.62%), Vitamin C: 66.73mg (80.88%), Vitamin B6: 0.9mg (44.78%), Potassium: 1176.23mg (33.61%), Phosphorus: 312.15mg

(31.21%), Vitamin A: 1358.39IU (27.17%), Vitamin B2: 0.46mg (27.12%), Calcium: 268.55mg (26.85%), Manganese: 0.52mg (26.15%), Fiber: 5.65g (22.59%), Copper: 0.45mg (22.57%), Vitamin B3: 4.33mg (21.63%), Selenium: 14.45µg (20.64%), Folate: 72.42µg (18.11%), Vitamin B1: 0.27mg (17.86%), Magnesium: 71.22mg (17.8%), Vitamin B5: 1.67mg (16.74%), Iron: 2.91mg (16.15%), Zinc: 2.15mg (14.33%), Vitamin E: 0.87mg (5.82%), Vitamin B12: 0.32µg (5.39%), Vitamin D: 0.28µg (1.89%)