



 6%
HEALTH SCORE

Garlic Herb Skillet Potatoes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 1 tablespoon parsley fresh chopped
- 1 teaspoon rosemary leaves fresh chopped
- 1 tablespoon thyme sprigs fresh chopped
- 1.5 tablespoons garlic minced
- 1 tablespoon olive oil
- 1 teaspoon oregano fresh chopped
- 0.3 teaspoon paprika

- 4 baking potatoes peeled thinly sliced
- 4 servings salt and pepper to taste

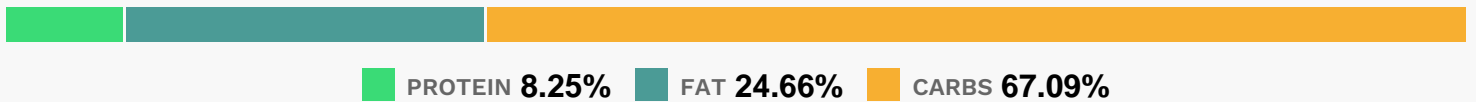
Equipment

- frying pan

Directions

- Melt the butter and heat the olive oil in a large skillet over medium heat. Arrange the potato slices across the bottom of the skillet in a single layer. Cook without stirring for 5 minutes, or until the potatoes have begun to brown on the bottom.
- Sprinkle potato slices with rosemary, thyme, oregano, parsley, and paprika. Turn the potatoes, and continue cooking 5 minutes, or until tender. Turn off the heat, and sprinkle the garlic and cayenne over the potatoes. Lightly toss for about 1 minute, until the garlic has softened.

Nutrition Facts



Properties

Glycemic Index:65.44, Glycemic Load:30.66, Inflammation Score:-9, Nutrition Score:11.605652206942%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 232.61kcal (11.63%), Fat: 6.6g (10.15%), Saturated Fat: 2.36g (14.75%), Carbohydrates: 40.39g (13.46%), Net Carbohydrates: 37.02g (13.46%), Sugar: 1.39g (1.55%), Cholesterol: 7.53mg (2.51%), Sodium: 228.46mg (9.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Vitamin B6: 0.79mg (39.36%), Potassium: 926.67mg (26.48%), Vitamin K: 25.85µg (24.62%), Manganese: 0.44mg (22.2%), Vitamin C: 17.23mg (20.88%), Iron: 2.48mg (13.8%), Magnesium: 54.71mg (13.68%), Fiber: 3.37g (13.48%), Phosphorus: 126.16mg (12.62%), Vitamin B1: 0.18mg (12.26%), Copper: 0.24mg (12.19%), Vitamin B3: 2.31mg (11.54%), Folate: 33.6µg (8.4%), Vitamin B5: 0.68mg (6.82%), Vitamin A: 328.05IU (6.56%), Vitamin B2: 0.09mg (5.19%), Calcium: 50.93mg (5.09%), Vitamin E: 0.74mg (4.96%), Zinc: 0.72mg (4.78%), Selenium: 1.34µg (1.92%)