



## Garlic Herb Skillet Potatoes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

### Ingredients

- 1 tablespoon butter
- 0.1 teaspoon cayenne pepper
- 1 tablespoon flat-leaf parsley fresh chopped
- 1 teaspoon rosemary fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 1.5 tablespoons garlic minced
- 1 tablespoon olive oil
- 1 teaspoon oregano fresh chopped

- 0.3 teaspoon paprika
- 4 russet potatoes peeled thinly sliced
- 4 servings salt and pepper to taste

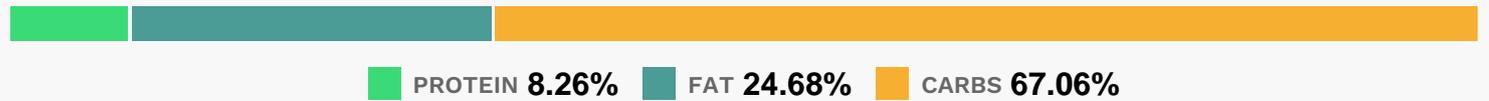
## Equipment

- 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:73.44, Glycemic Load:30.66, Inflammation Score:-9, Nutrition Score:11.656086993282%

## 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: 232.81kcal (11.64%), Fat: 6.61g (10.17%), Saturated Fat: 2.36g (4.77%), Carbohydrates: 40.43g (13.48%), Net Carbohydrates: 37.04g (13.47%), Sugar: 1.4g (1.56%), Cholesterol: 7.53mg (2.51%), Sodium: 228.48mg (9.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.95%), Vitamin B6: 0.79mg (39.43%), Potassium: 927.93mg (26.51%), Vitamin K: 25.9µg (24.66%), Manganese: 0.45mg (22.26%), Vitamin C: 17.27mg (20.94%), Iron: 2.49mg (13.83%), Magnesium: 54.81mg (13.7%), Fiber: 3.39g (13.55%), Phosphorus: 126.35mg (12.63%), Vitamin B1: 0.18mg (12.27%), Copper: 0.24mg (12.2%), Vitamin B3: 2.31mg (11.57%), Folate: 33.66µg (8.42%), Vitamin A: 354.06IU

(7.08%), Vitamin B5: 0.68mg (6.82%), Vitamin B2: 0.09mg (5.22%), Calcium: 51.03mg (5.1%), Vitamin E: 0.76mg (5.08%), Zinc: 0.72mg (4.79%), Selenium: 1.35µg (1.93%)