



Golden Potatoes with Carrots

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

Ingredients

- 1.5 pounds baking potatoes peeled
- 1.5 cups carrots sliced ()
- 0.8 teaspoon thyme leaves dried
- 1 cup onion finely chopped
- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 1 tablespoon vegetable oil

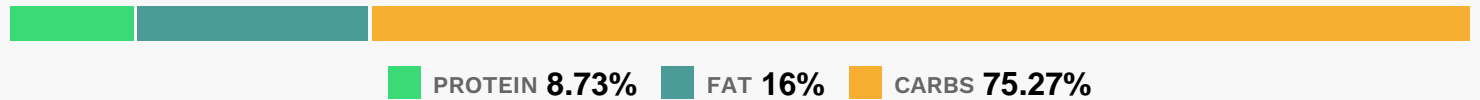
Equipment

frying pan

Directions

- Cook potatoes and carrot in boiling water 5 minutes; drain.
- Heat oil in a 10-inch cast-iron skillet over medium-high heat, swirling to coat bottom of pan.
- Add potatoes and carrots; saut 5 minutes.
- Add remaining ingredients; saut 10 minutes or until tender.

Nutrition Facts



Properties

Glycemic Index:47.65, Glycemic Load:26.53, Inflammation Score:-10, Nutrition Score:14.989565201428%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 200.79kcal (10.04%), Fat: 3.71g (5.7%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 39.23g (13.08%), Net Carbohydrates: 34.91g (12.69%), Sugar: 5.03g (5.59%), Cholesterol: 0mg (0%), Sodium: 334.03mg (14.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Vitamin A: 8028.85IU (160.58%), Vitamin B6: 0.7mg (35.11%), Potassium: 923.72mg (26.39%), Manganese: 0.41mg (20.54%), Vitamin C: 15.58mg (18.89%), Vitamin K: 19.13µg (18.22%), Fiber: 4.32g (17.28%), Vitamin B1: 0.19mg (12.71%), Magnesium: 49.41mg (12.35%), Phosphorus: 122.43mg (12.24%), Vitamin B3: 2.29mg (11.44%), Copper: 0.22mg (10.75%), Iron: 1.93mg (10.73%), Folate: 41.06µg (10.26%), Vitamin B5: 0.69mg (6.93%), Vitamin B2: 0.1mg (5.63%), Calcium: 51.15mg (5.12%), Zinc: 0.69mg (4.6%), Vitamin E: 0.63mg (4.23%), Selenium: 0.94µg (1.34%)