

Herbed Potatoes and Onions

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon seasoning italian
- 2 tablespoons butter melted reduced-fat
- 1 medium onion thinly sliced
- 0.1 teaspoon pepper
- 3 medium potatoes – remove skin red thinly sliced

Equipment

- plastic wrap
- baking pan

microwave

Directions

- In an ungreased 2-qt. microwave-safe baking dish, layer half the potato and onion slices.
- Combine Italian seasoning and pepper; sprinkle half over the onion and potato layer.
- Drizzle with 1 tablespoon margarine. Repeat layers. Cover with vented plastic wrap. Microwave on high for 7-8 minutes or until potatoes are tender turning dish after 4 minutes.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:7.858695657033%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg, Quercetin: 6.62mg

Nutrients (% of daily need)

Calories: 173.97kcal (8.7%), Fat: 5.9g (9.08%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 28.24g (9.41%), Net Carbohydrates: 24.94g (9.07%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 95.94mg (4.17%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Potassium: 773.93mg (22.11%), Vitamin C: 15.79mg (19.14%), Vitamin B6: 0.31mg (15.4%), Manganese: 0.28mg (14.06%), Fiber: 3.31g (13.22%), Copper: 0.23mg (11.36%), Phosphorus: 107.5mg (10.75%), Magnesium: 38.89mg (9.72%), Vitamin B1: 0.14mg (9.55%), Vitamin B3: 1.88mg (9.41%), Folate: 34.65µg (8.66%), Iron: 1.32mg (7.34%), Vitamin K: 6.4µg (6.09%), Vitamin A: 266.72IU (5.33%), Vitamin B5: 0.49mg (4.89%), Zinc: 0.58mg (3.88%), Vitamin B2: 0.06mg (3.59%), Calcium: 28.67mg (2.87%), Vitamin E: 0.28mg (1.9%), Selenium: 0.95µg (1.36%)