



Herbie's Home Fries



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



320 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter
- ☐ 1 clove garlic crushed
- ☐ 1 medium bell pepper diced green
- ☐ 1 tablespoon hungarian paprika sweet
- ☐ 4 servings salt and pepper to taste
- ☐ 1 large onion diced sweet
- ☐ 4 large yukon gold potatoes

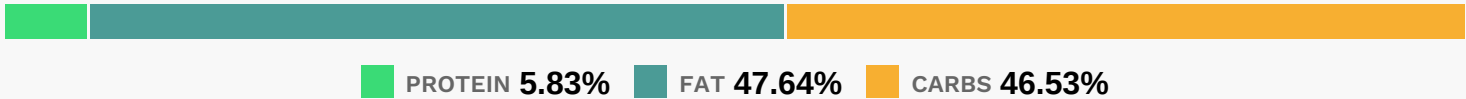
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring a large pot of salted water to a boil.
- ☐ Add potatoes, and cook until tender but still firm, about 15 minutes.
- ☐ Drain, cool and chop.
- ☐ Melt 4 tablespoons butter in a medium saucepan over medium heat. Stir in onion, green bell pepper and garlic, and cook until tender, 5 to 10 minutes.
- ☐ Mix potatoes and remaining butter into the saucepan. Season with paprika, salt and pepper. Cook and stir until well mixed and tender, 15 to 20 minutes. Cover while cooking if moist potatoes are preferred.

Nutrition Facts



Properties

Glycemic Index:47.19, Glycemic Load:21.95, Inflammation Score:-9, Nutrition Score:14.755217293034%

Flavonoids

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 13.88mg, Quercetin: 13.88mg, Quercetin: 13.88mg, Quercetin: 13.88mg

Nutrients (% of daily need)

Calories: 319.95kcal (16%), Fat: 17.53g (26.97%), Saturated Fat: 10.89g (68.08%), Carbohydrates: 38.53g (12.84%), Net Carbohydrates: 32.92g (11.97%), Sugar: 6.4g (7.11%), Cholesterol: 45.15mg (15.05%), Sodium: 347.85mg (15.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.65%), Vitamin C: 61.63mg (74.7%), Vitamin B6: 0.72mg (36.16%), Vitamin A: 1501.1IU (30.02%), Potassium: 914.22mg (26.12%), Fiber: 5.62g (22.47%), Manganese: 0.4mg (20.01%), Phosphorus: 136.88mg (13.69%), Magnesium: 53.25mg (13.31%), Copper: 0.26mg (13.22%), Vitamin B1: 0.2mg (13.01%), Folate: 50.72µg (12.68%), Iron: 2.03mg (11.28%), Vitamin B3: 2.23mg (11.17%), Vitamin K: 8.57µg (8.16%), Vitamin E: 1.14mg (7.6%), Vitamin B5: 0.69mg (6.85%), Vitamin B2: 0.11mg (6.4%), Calcium: 50.45mg (5.04%), Zinc: 0.74mg (4.95%), Selenium: 1.35µg (1.93%)