



Home Fries

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



966 kcal

SIDE DISH

Ingredients

- 2 large baking potatoes raw peeled thinly sliced (1/)
- 0.5 onion thinly sliced
- 3 tablespoons olive oil extra virgin
- 2 servings salt
- 2 servings pepper black freshly ground
- 2 large baking potatoes salted boiled cooked drained quartered for 12 minutes in water until just through,
- 2 tablespoons olive oil extra virgin
- 1 tablespoon add carrot and onion to bacon fat . cook for vegetarian version (optional, omit)

Equipment

- frying pan

Directions

- Home fries made with raw potatoes
- Heat 2 tablespoons oil in a medium to large skillet on medium high heat until sizzling.
- Place a single layer of potato slices on the bottom of the pan.
- Add a light layer of sliced onions.
- Sprinkle with salt and pepper.
- Add another layer of potatoes, another layer of onion slices, sprinkle again with salt and pepper. Keep layering until you've used up your potatoes and onions.
- Lower the heat to medium and cover the pan.
- Let cook for about 10 minutes, until the potato layer at the bottom is nicely browned. You can move aside a little bit with a fork to see if the bottom edges are browned.
- Gently flip the potatoes over, a section of the pan at a time, so that the layer that was on the top is now on the bottom, and the browned potatoes are now on the top.
- Add another tablespoon of oil. The oil will help the browning. Cover and let cook for another 5-10 minutes, until the bottom layer is now browned.
- Once the bottom layer is browned, remove the lid of the pan and let continue to cook for 5 more minutes. This additional cooking will help the potatoes dry out just a little bit more.
- Serve immediately.
- Serves 2-
- Home fries made with cooked potatoes
- Cut the cooked potatoes into 1/2-inch slices.
- Heat 2 tablespoons oil in a medium to large skillet on medium high heat until sizzling.
- Add sliced onions to pan and cook until softened, 3 to 4 minutes.
- Add the potato pieces, spread out as much as possible along the bottom of the pan.
- Sprinkle generously with salt and freshly ground pepper. Cook until nicely browned on the bottom, without stirring (about 7-8 minutes).

- Add 1 tablespoon bacon fat, or more oil to the pan.
- Gently flip the potatoes and cook until the bottom of the flipped potatoes are nicely browned.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:114.25, Glycemic Load:105.47, Inflammation Score:-7, Nutrition Score:32.407391042165%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 966.46kcal (48.32%), Fat: 42.59g (65.52%), Saturated Fat: 7.77g (48.53%), Carbohydrates: 135.99g (45.33%), Net Carbohydrates: 125.9g (45.78%), Sugar: 5.74g (6.38%), Cholesterol: 6.65mg (2.22%), Sodium: 243.01mg (10.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.11g (32.21%), Vitamin B6: 2.58mg (128.97%), Potassium: 3119.33mg (89.12%), Manganese: 1.21mg (60.37%), Vitamin C: 44.1mg (53.46%), Magnesium: 172.67mg (43.17%), Phosphorus: 414.03mg (41.4%), Vitamin B1: 0.62mg (41.19%), Fiber: 10.09g (40.35%), Copper: 0.77mg (38.62%), Vitamin B3: 7.67mg (38.36%), Iron: 6.61mg (36.73%), Vitamin E: 5.16mg (34.42%), Vitamin K: 34.63µg (32.98%), Folate: 108.56µg (27.14%), Vitamin B5: 2.26mg (22.57%), Vitamin B2: 0.25mg (14.77%), Zinc: 2.2mg (14.64%), Calcium: 103.18mg (10.32%), Selenium: 3.09µg (4.42%), Vitamin D: 0.17µg (1.17%)