

Home Fries



Vegetarian



Gluten Free

READY IN



72 min.

SERVINGS



6

CALORIES



229 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 2.5 tablespoons canola oil divided
- ☐ 0.3 cup flat-leaf parsley fresh coarsely chopped
- ☐ 6 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 cups onion yellow chopped
- ☐ 2 pounds yukon gold red cubed

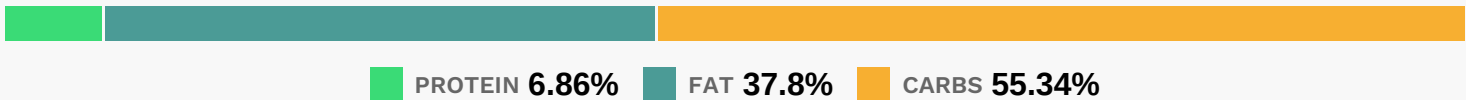
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Place the potatoes in a microwave-safe dish, and cover with plastic wrap. Microwave at HIGH for 5 minutes. Uncover and cool slightly.
- ☐ Heat a large skillet over medium heat.
- ☐ Add 1 1/2 tablespoons oil to pan; swirl to coat.
- ☐ Add onion; cook 20 minutes or until golden and tender, stirring occasionally.
- ☐ Add garlic; cook 1 minute, stirring constantly.
- ☐ Remove onion mixture from pan. Wipe the pan clean with paper towels.
- ☐ Increase heat to medium-high.
- ☐ Add the remaining 1 tablespoon oil and butter to pan, and swirl to coat.
- ☐ Add potato, and cook for 4 minutes, without stirring. Turn potatoes over. Cook 6 minutes or until browned, without stirring. Reduce heat to medium-low; cook 10 minutes or until tender and golden brown, stirring occasionally.
- ☐ Remove from heat. Stir in onion mixture, salt, and black pepper; toss.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.98, Inflammation Score:-7, Nutrition Score:11.666521720264%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 17.28mg, Quercetin: 17.28mg, Quercetin: 17.28mg, Quercetin: 17.28mg

Nutrients (% of daily need)

Calories: 228.65kcal (11.43%), Fat: 9.95g (15.31%), Saturated Fat: 2.92g (18.27%), Carbohydrates: 32.77g (10.92%), Net Carbohydrates: 28.66g (10.42%), Sugar: 5.4g (6%), Cholesterol: 10.03mg (3.34%), Sodium: 256.16mg (11.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin K: 50.51µg (48.11%), Vitamin C: 23.18mg (28.1%), Potassium: 834mg (23.83%), Vitamin B6: 0.39mg (19.66%), Manganese: 0.39mg (19.62%), Fiber: 4.12g (16.47%), Copper: 0.25mg (12.44%), Phosphorus: 122.85mg (12.29%), Folate: 46.47µg (11.62%), Vitamin B1: 0.17mg (11.19%), Magnesium: 43.65mg (10.91%), Vitamin B3: 1.89mg (9.44%), Iron: 1.5mg (8.31%), Vitamin E: 1.18mg (7.89%), Vitamin A: 340.59IU (6.81%), Vitamin B5: 0.56mg (5.56%), Zinc: 0.7mg (4.69%), Vitamin B2: 0.08mg (4.48%), Calcium: 44.38mg (4.44%), Selenium: 1.64µg (2.34%)