



Home Fries with Wild Mushrooms



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter ()
- ☐ 0.3 cup parsley fresh minced
- ☐ 6 ounces mushroom caps fresh stemmed quartered
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 6 ounces oyster mushrooms fresh quartered
- ☐ 3 pounds yukon gold potatoes white peeled cut into 1-inch cubes

Equipment

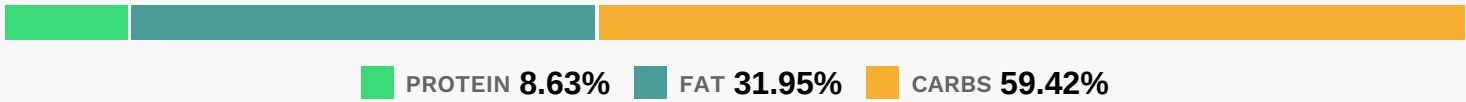
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Cook potatoes in large saucepan of boiling salted water until just tender, about 12 minutes.
- ☐ Drain potatoes. Cool. (Can be made 1 day ahead. Cover; chill.)
- ☐ Melt 2 tablespoons butter with oil in heavy large skillet over medium-high heat.
- ☐ Add potatoes; sauté until golden, turning occasionally and adding 1 tablespoon butter halfway through cooking, about 18 minutes.
- ☐ Melt 1 tablespoon butter in medium skillet over medium-high heat.
- ☐ Add all mushrooms; sauté until golden, 6 minutes.
- ☐ Add mushrooms and parsley to potatoes; toss to combine. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:32.96, Glycemic Load:29.42, Inflammation Score:-7, Nutrition Score:17.623478308968%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 282.07kcal (14.1%), Fat: 10.38g (15.97%), Saturated Fat: 5.2g (32.49%), Carbohydrates: 43.44g (14.48%), Net Carbohydrates: 37g (13.46%), Sugar: 2.79g (3.09%), Cholesterol: 20.07mg (6.69%), Sodium: 82.72mg (3.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Vitamin C: 48mg (58.19%), Vitamin K: 47.37µg (45.11%), Vitamin B6: 0.79mg (39.29%), Potassium: 1176.18mg (33.61%), Fiber: 6.43g (25.73%), Vitamin B3: 4.93mg (24.66%), Manganese: 0.45mg (22.41%), Phosphorus: 198.73mg (19.87%), Copper: 0.36mg (17.9%), Magnesium: 64.37mg (16.09%), Vitamin B1: 0.22mg (14.92%), Vitamin B5: 1.48mg (14.84%), Vitamin B2: 0.24mg (14.04%), Folate: 54.83µg (13.71%), Iron: 2.43mg (13.51%), Vitamin A: 461.98IU (9.24%), Zinc: 1.2mg (8.02%), Selenium: 3.13µg (4.47%), Vitamin E: 0.59mg (3.96%), Calcium: 34.35mg (3.43%), Vitamin D: 0.31µg (2.08%)