

Home-Style Potatoes

 Low Fod Map

READY IN



70 min.

SERVINGS



8

CALORIES



239 kcal

SIDE DISH

Ingredients

- 0.5 cup butter cubed
- 0.5 teaspoon rosemary dried crushed
- 1 envelope onion soup mix
- 6 medium potatoes sliced
- 0.8 cup water

Equipment

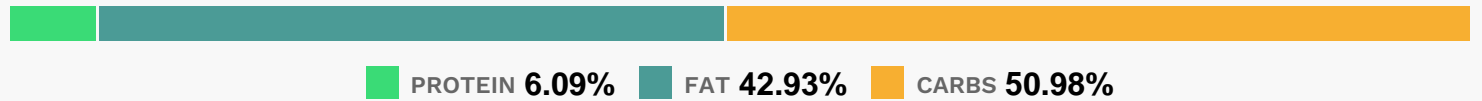
- sauce pan
- oven

baking pan

Directions

- Place potatoes in a greased 2-qt. baking dish. In a saucepan, combine water, butter, soup mix and rosemary; heat until butter is melted.
- Pour over potatoes. Cover and bake at 350° for 40 minutes. Uncover; bake 20 minutes longer or until the potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:25.47, Glycemic Load:20.43, Inflammation Score:-5, Nutrition Score:8.9769565812919%

Flavonoids

Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 239.4kcal (11.97%), Fat: 11.67g (17.95%), Saturated Fat: 7.34g (45.87%), Carbohydrates: 31.17g (10.39%), Net Carbohydrates: 27.33g (9.94%), Sugar: 1.49g (1.65%), Cholesterol: 30.5mg (10.17%), Sodium: 503.47mg (21.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Vitamin C: 31.64mg (38.36%), Vitamin B6: 0.5mg (25.04%), Potassium: 712.06mg (20.34%), Fiber: 3.85g (15.39%), Manganese: 0.28mg (13.89%), Phosphorus: 105.02mg (10.5%), Magnesium: 40.26mg (10.07%), Copper: 0.19mg (9.69%), Vitamin B1: 0.14mg (9.5%), Vitamin B3: 1.76mg (8.82%), Iron: 1.31mg (7.3%), Vitamin A: 358.69IU (7.17%), Folate: 26µg (6.5%), Vitamin B5: 0.53mg (5.31%), Vitamin B2: 0.07mg (4.1%), Vitamin K: 4.1µg (3.9%), Zinc: 0.53mg (3.56%), Calcium: 30.47mg (3.05%), Vitamin E: 0.35mg (2.34%), Selenium: 0.87µg (1.24%)