



Lyonnaise Potatoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 3 pounds new potatoes peeled
- ☐ 2 large onions sliced
- ☐ 8 servings salt and pepper to taste
- ☐ 8 servings vegetable oil

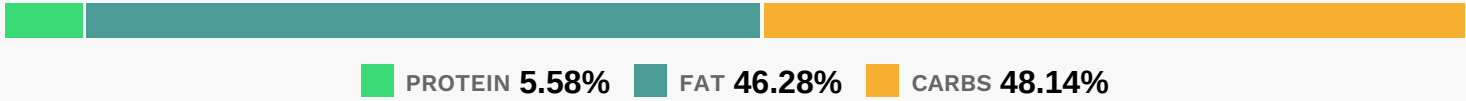
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Place potatoes in a large Dutch oven with water to cover. Bring to a boil; cook 5 minutes.
- ☐ Drain well; slice potatoes into 3/8-inch-thick slices.
- ☐ Heat oil in a large skillet over medium-high heat. Arrange half of potato and onion slices in a single layer in skillet.
- ☐ Sprinkle with salt and pepper. Cook, turning frequently, until onions are tender and potatoes are golden brown; drain.
- ☐ Transfer potatoes and onions to a serving dish. Repeat procedure with remaining potato and onion slices.

Nutrition Facts



Properties

Glycemic Index:13.84, Glycemic Load:22.53, Inflammation Score:-5, Nutrition Score:10.701304418237%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg, Quercetin: 8.8mg

Nutrients (% of daily need)

Calories: 269.73kcal (13.49%), Fat: 14.19g (21.83%), Saturated Fat: 2.2g (13.72%), Carbohydrates: 33.22g (11.07%), Net Carbohydrates: 28.84g (10.49%), Sugar: 2.92g (3.24%), Cholesterol: 0mg (0%), Sodium: 205.5mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Vitamin C: 36.28mg (43.98%), Vitamin K: 29.13µg (27.74%), Vitamin B6: 0.55mg (27.34%), Potassium: 770.9mg (22.03%), Fiber: 4.38g (17.52%), Manganese: 0.31mg (15.46%), Phosphorus: 107.83mg (10.78%), Magnesium: 42.88mg (10.72%), Vitamin B1: 0.15mg (10.22%), Copper: 0.2mg (9.92%), Vitamin B3: 1.84mg (9.18%), Folate: 34.34µg (8.59%), Iron: 1.41mg (7.83%), Vitamin E: 1.17mg (7.8%), Vitamin B5: 0.55mg (5.5%), Vitamin B2: 0.06mg (3.8%), Zinc: 0.56mg (3.72%), Calcium: 29.16mg (2.92%)