



Microwaved Potatoes Lyonnaise

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



187 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black
- 2 cloves garlic minced
- 2 tablespoons butter
- 2 small onion sliced
- 0.1 teaspoon oregano dried
- 0.1 teaspoon paprika
- 3 large potatoes cubed peeled
- 0.5 teaspoon salt

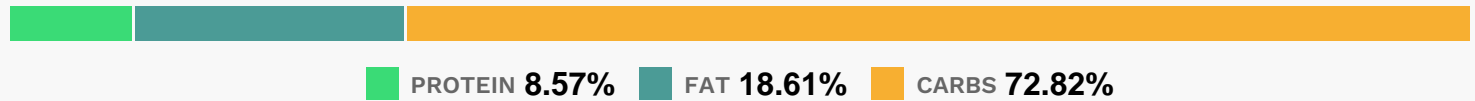
Equipment

- casserole dish
- microwave

Directions

- In a 3-quart microwave-safe casserole dish, combine potatoes, onions, margarine, garlic, salt, oregano, pepper and paprika.
- Heat in microwave on high until margarine melts, about 1 minute; stir. Cook 10 minutes more, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:32.13, Glycemic Load:24.18, Inflammation Score:-5, Nutrition Score:10.114347756557%

Flavonoids

Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg, Kaempferol: 1.63mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg, Quercetin: 6.05mg

Nutrients (% of daily need)

Calories: 186.77kcal (9.34%), Fat: 3.96g (6.09%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 34.86g (11.62%), Net Carbohydrates: 30.34g (11.03%), Sugar: 2.44g (2.72%), Cholesterol: 0mg (0%), Sodium: 250.02mg (10.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.21%), Vitamin C: 38.4mg (46.54%), Vitamin B6: 0.59mg (29.33%), Potassium: 818.85mg (23.4%), Fiber: 4.52g (18.08%), Manganese: 0.34mg (16.88%), Phosphorus: 114.79mg (11.48%), Magnesium: 45.42mg (11.36%), Vitamin B1: 0.16mg (10.74%), Copper: 0.21mg (10.63%), Vitamin B3: 1.99mg (9.93%), Folate: 34.16µg (8.54%), Iron: 1.53mg (8.53%), Vitamin B5: 0.59mg (5.87%), Vitamin B2: 0.07mg (4.06%), Zinc: 0.59mg (3.93%), Vitamin A: 192.63IU (3.85%), Vitamin K: 3.98µg (3.79%), Calcium: 31.78mg (3.18%), Vitamin E: 0.19mg (1.26%), Selenium: 0.82µg (1.17%)