



WHATSheATE



HEALTH SCORE

58%

Oven Home Fries with Peppers and Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

Ingredients

- ☐ 1 bell pepper green seeded chopped
- ☐ 1 tablespoon grill seasoning (recommended: McCormick's Montreal Steak Seasoning)
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 medium onion chopped
- ☐ 2.5 pounds skinned potatoes red
- ☐ 2 teaspoons paprika sweet

Equipment

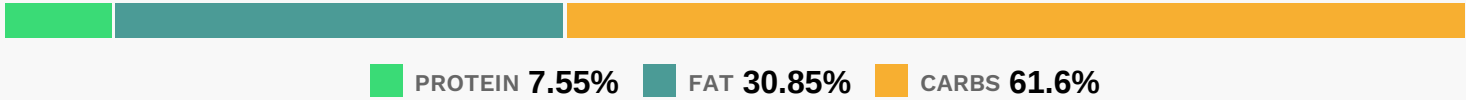
- ☐ baking sheet

- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat oven to 500 degrees F.
- ☐ Coarsely chop potatoes and transfer to a nonstick cookie sheet. Toss with oil, peppers, onions and seasonings and place in the oven 25 minutes, turning twice with spatula.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:17.009130384611%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg, Quercetin: 8.08mg

Nutrients (% of daily need)

Calories: 314.11kcal (15.71%), Fat: 11.18g (17.2%), Saturated Fat: 1.63g (10.2%), Carbohydrates: 50.22g (16.74%), Net Carbohydrates: 43.97g (15.99%), Sugar: 5.67g (6.3%), Cholesterol: 0mg (0%), Sodium: 54.18mg (2.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.31%), Vitamin C: 50.46mg (61.17%), Potassium: 1411.86mg (40.34%), Vitamin B6: 0.62mg (30.81%), Manganese: 0.56mg (27.8%), Fiber: 6.25g (25.02%), Vitamin K: 25.71µg (24.49%), Copper: 0.43mg (21.29%), Phosphorus: 191.71mg (19.17%), Magnesium: 72.11mg (18.03%), Vitamin B3: 3.56mg (17.81%), Vitamin B1: 0.27mg (17.68%), Iron: 2.85mg (15.84%), Folate: 61.1µg (15.27%), Vitamin E: 1.96mg (13.07%), Vitamin A: 649.33IU (12.99%), Vitamin B5: 0.88mg (8.79%), Zinc: 1.1mg (7.3%), Vitamin B2: 0.12mg (6.93%), Calcium: 50mg (5%), Selenium: 1.69µg (2.41%)