



## Pan-Fried Potatoes with Dill

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



146 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 tablespoon optional: dill fresh finely chopped
- 1 tablespoon olive oil
- 1 tablespoon parmesan cheese grated
- 20 ounce new potato wedges cooked (such as Simply Potatoes)
- 0.3 teaspoon salt

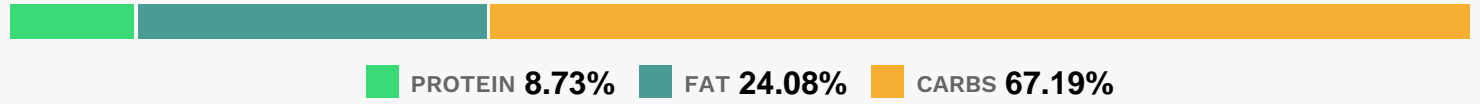
### Equipment

- frying pan

## Directions

- Heat oil in a large nonstick skillet over medium-high heat.
- Add potato wedges; cook, stirring occasionally, 10 to 15 minutes or until golden brown.
- Remove from heat, and sprinkle with cheese and remaining ingredients; toss gently.

## Nutrition Facts



## Properties

Glycemic Index:32.69, Glycemic Load:18.14, Inflammation Score:-3, Nutrition Score:7.4895652173006%

## Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

## Nutrients (% of daily need)

Calories: 145.7kcal (7.29%), Fat: 3.98g (6.13%), Saturated Fat: 0.72g (4.47%), Carbohydrates: 25.01g (8.34%), Net Carbohydrates: 21.85g (7.95%), Sugar: 1.11g (1.23%), Cholesterol: 1.09mg (0.36%), Sodium: 175.88mg (7.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Vitamin C: 28.01mg (33.95%), Vitamin B6: 0.42mg (20.99%), Potassium: 601.52mg (17.19%), Fiber: 3.15g (12.61%), Manganese: 0.24mg (11.78%), Phosphorus: 88.98mg (8.9%), Magnesium: 33.31mg (8.33%), Copper: 0.16mg (7.78%), Vitamin B1: 0.11mg (7.6%), Vitamin B3: 1.5mg (7.49%), Iron: 1.15mg (6.39%), Folate: 22.93µg (5.73%), Vitamin K: 5.03µg (4.79%), Vitamin B5: 0.43mg (4.26%), Vitamin E: 0.53mg (3.51%), Zinc: 0.47mg (3.12%), Vitamin B2: 0.05mg (2.95%), Calcium: 28.95mg (2.89%), Selenium: 0.87µg (1.24%)