



Pan-Roasted Marble Potatoes



Gluten Free



Dairy Free



Low Fod Map

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READY IN

ready

35 min.

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SERVINGS

servings

4

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CALORIES

calories

180 kcal

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SIDE DISH

Ingredients

- ☐ 1 pound tri-color baby potatoes red rinsed drained (, gold, and purple)
- ☐ 4 slices bacon coarsely chopped
- ☐ 1 sprig rosemary fresh for garnish
- ☐ 1 tablespoon rice vinegar
- ☐ 4 servings salt and pepper black freshly ground to taste

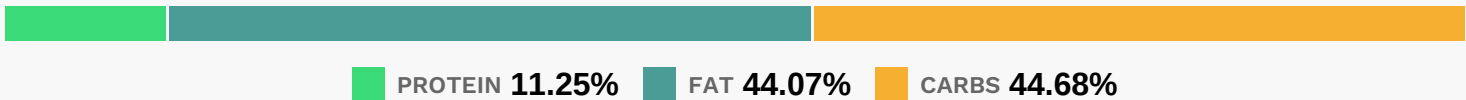
Equipment

- ☐ frying pan
- ☐ knife

Directions

- ☐ Place bacon into a skillet over medium heat; cook and stir until bacon begins to soften and give off its fat, about 2 minutes.
- ☐ Add potatoes and season with salt and black pepper. Cook and stir potatoes and bacon until bacon browns and potatoes begin to soften, about 5 minutes.
- ☐ Cover skillet and cook for 5 minutes; stir. Repeat steps, covering and cooking for 5 minutes and stirring until potatoes are tender and a tip of a knife inserts easily, 15 to 20 more minutes.
- ☐ Adjust salt and black pepper to taste; sprinkle chopped rosemary over potatoes, stir, and remove from heat.
- ☐ Drizzle rice vinegar over potatoes and stir to dissolve any browned bits of food stuck to the bottom of the skillet.
- ☐ Transfer potatoes to a serving dish and top with a rosemary sprig.

Nutrition Facts



Properties

Glycemic Index:41.44, Glycemic Load:14.52, Inflammation Score:-2, Nutrition Score:7.0060870278141%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 180.06kcal (9%), Fat: 8.84g (13.6%), Saturated Fat: 2.96g (18.48%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 17.64g (6.41%), Sugar: 0.89g (0.99%), Cholesterol: 14.52mg (4.84%), Sodium: 152.55mg (6.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.16%), Vitamin C: 22.34mg (27.08%), Vitamin B6: 0.39mg (19.67%), Potassium: 522.54mg (14.93%), Vitamin B3: 2.08mg (10.41%), Vitamin B1: 0.15mg (10.1%), Fiber: 2.52g (10.09%), Phosphorus: 96.65mg (9.67%), Manganese: 0.19mg (9.56%), Magnesium: 28.96mg (7.24%), Selenium: 4.79µg (6.84%), Copper: 0.13mg (6.67%), Iron: 0.99mg (5.48%), Vitamin B5: 0.46mg (4.59%), Folate: 18.19µg (4.55%), Zinc: 0.59mg (3.94%), Vitamin B2: 0.05mg (3.2%), Vitamin K: 2.32µg (2.21%), Vitamin B12: 0.11µg (1.83%), Calcium: 15.47mg (1.55%)