



Pan-Roasted Potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



11 min.

SERVINGS



4

CALORIES



144 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon olive oil
- ☐ 20 ounce new potato wedges refrigerated (such as Simply Potatoes)
- ☐ 1 teaspoon greek seasoning

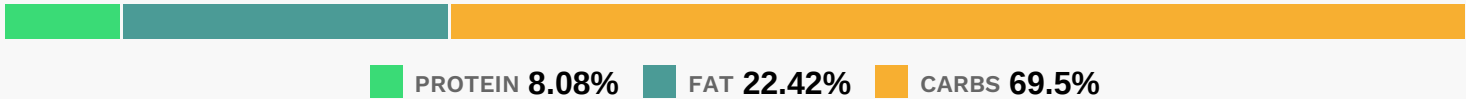
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium-high heat.
- ☐ Add potato, and cook 10 to 12 minutes or until golden brown, stirring frequently.
- ☐ Remove from heat, and sprinkle with seasoning and pepper.

Nutrition Facts



Properties

Glycemic Index:30.19, Glycemic Load:18.16, Inflammation Score:-3, Nutrition Score:8.299130530461%

Flavonoids

Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 143.66kcal (7.18%), Fat: 3.68g (5.67%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 22.02g (8.01%), Sugar: 1.16g (1.29%), Cholesterol: 0mg (0%), Sodium: 8.91mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.97%), Vitamin C: 27.95mg (33.88%), Vitamin B6: 0.43mg (21.57%), Potassium: 613.98mg (17.54%), Manganese: 0.29mg (14.72%), Fiber: 3.67g (14.7%), Vitamin K: 12.67µg (12.06%), Magnesium: 36.14mg (9.04%), Iron: 1.59mg (8.84%), Phosphorus: 82.82mg (8.28%), Copper: 0.16mg (8.13%), Vitamin B3: 1.55mg (7.76%), Vitamin B1: 0.12mg (7.71%), Folate: 25.62µg (6.41%), Vitamin E: 0.74mg (4.96%), Vitamin B5: 0.43mg (4.33%), Calcium: 37.28mg (3.73%), Vitamin B2: 0.05mg (3.06%), Zinc: 0.45mg (2.97%)