



Point Clear Potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 30 ounce hash brown potatoes frozen thawed
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

Equipment

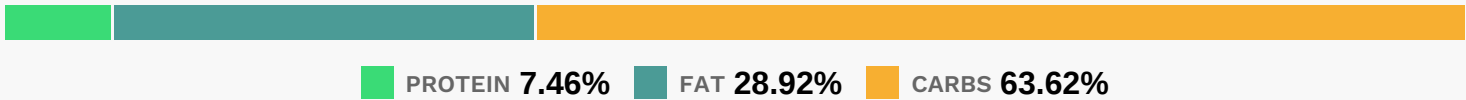
- ☐ frying pan

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Toss together first 4 ingredients.
- ☐ Melt half of butter in half of oil in a large skillet over medium-high heat. Press half of potato mixture into bottom of skillet. Cook 5 to 7 minutes or until edges brown.
- ☐ Remove from skillet, and place on a lightly greased baking sheet. Repeat with remaining potato mixture, butter, and oil.
- ☐ Bake at 400 for 10 to 15 minutes or until crisp and golden.
- ☐ Cut into wedges to serve.

Nutrition Facts



Properties

Glycemic Index:7.88, Glycemic Load:5.39, Inflammation Score:-2, Nutrition Score:3.8182608950883%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 115.87kcal (5.79%), Fat: 3.84g (5.9%), Saturated Fat: 0.72g (4.47%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 17.43g (6.34%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 185.36mg (8.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Vitamin C: 8.78mg (10.64%), Vitamin B3: 1.77mg (8.87%), Potassium: 307.1mg (8.77%), Manganese: 0.17mg (8.7%), Vitamin B1: 0.1mg (6.9%), Fiber: 1.56g (6.22%), Iron: 1.08mg (6.01%), Copper: 0.11mg (5.39%), Phosphorus: 50.73mg (5.07%), Vitamin B6: 0.09mg (4.69%), Vitamin B5: 0.35mg (3.49%), Magnesium: 12.19mg (3.05%), Vitamin E: 0.31mg (2.05%), Zinc: 0.23mg (1.52%), Vitamin A: 70.59IU (1.41%), Calcium: 12.61mg (1.26%), Vitamin K: 1.26µg (1.2%), Folate: 4.56µg (1.14%)