Potato Coins with Fried Eggs

Vegetarian Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
24 min.	4	241 kcal

SIDE DISH

Ingredients

- [ ] 0.5 teaspoon pepper black freshly ground
- [ ] 4 large eggs
- [ ] 1 pound fingerling potatoes cut into 1/4-inch-thick slices (3 1/2 cups)
- [ ] 1 tablespoon parsley fresh chopped
- [ ] 1 tablespoon rosemary fresh chopped
- [ ] 1 tablespoon thyme leaves fresh chopped
- [ ] 1 garlic clove minced
- [ ] 0.3 teaspoon kosher salt

- [ ] 2 tablespoons olive oil divided
- [ ] 1 cup onion vertically sliced ()

Equipment

- [ ] frying pan

Directions

- [ ] Heat a large nonstick skillet over medium-high heat.
- [ ] Add 1 tablespoon oil; swirl to coat.
- [ ] Add potato slices, onion, and salt; saut 6 minutes, stirring after 3 minutes. Saut 6 additional minutes or until potato is tender, stirring occasionally, adding garlic during last 1 minute of cooking time.
- [ ] Remove from heat; stir in thyme and next 3 ingredients (through pepper).
- [ ] Remove potato mixture from pan; keep warm.
- [ ] Heat pan over medium-low heat.
- [ ] Add remaining 1 tablespoon oil; swirl to coat.
- [ ] Add eggs to pan; cook 1 minute or until whites are just set around edges. Carefully turn eggs over; cook 1 minute or until whites are set.
- [ ] Serve immediately with potatoes.

Nutrition Facts

PROTEIN **15.14%** FAT **44.1%** CARBS **40.76%**

Properties

Glycemic Index:62.44, Glycemic Load:15.52, Inflammation Score:-9, Nutrition Score:13.443478335505%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg, Apigenin: 2.21mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg

Nutrients (% of daily need)

Calories: 241.22kcal (12.06%), Fat: 11.98g (18.42%), Saturated Fat: 2.61g (16.28%), Carbohydrates: 24.91g (8.3%), Net Carbohydrates: 21.31g (7.75%), Sugar: 2.78g (3.09%), Cholesterol: 186mg (62%), Sodium: 225.91mg (9.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.25g (18.5%), Vitamin C: 29.77mg (36.09%), Vitamin B6: 0.49mg (24.31%), Selenium: 16.01µg (22.87%), Vitamin K: 23.5µg (22.38%), Potassium: 630.77mg (18.02%), Phosphorus: 179.54mg (17.95%), Vitamin B2: 0.29mg (16.87%), Manganese: 0.32mg (16.02%), Fiber: 3.6g (14.41%), Folate: 52.16µg (13.04%), Iron: 2.32mg (12.9%), Vitamin B5: 1.17mg (11.75%), Vitamin E: 1.56mg (10.42%), Magnesium: 40.46mg (10.11%), Copper: 0.19mg (9.62%), Vitamin A: 456.51IU (9.13%), Vitamin B1: 0.13mg (8.85%), Vitamin B12: 0.44µg (7.42%), Zinc: 1.1mg (7.34%), Vitamin B3: 1.34mg (6.68%), Vitamin D: 1µg (6.67%), Calcium: 63.49mg (6.35%)