

Potato Pouches



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



371 kcal

SIDE DISH

Ingredients

- ☐ 4 tablespoons butter
- ☐ 1 pinch basil dried
- ☐ 1 pinch parsley dried
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 onion sliced into thin rings
- ☐ 1 pinch oregano dried
- ☐ 4 large potatoes red
- ☐ 0.3 teaspoon salt

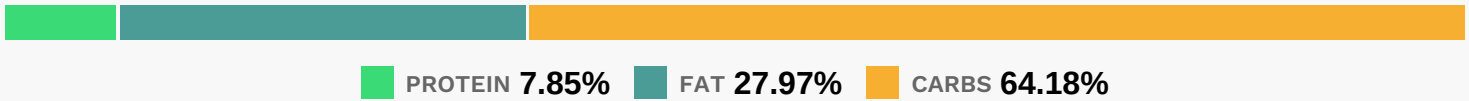
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Cut four 8x12 inch sheets aluminum foil.
- ☐ Slice each potato into 1/4 inch slices and lay in an overlapping fashion in 2 columns on each sheet of aluminum foil.
- ☐ Place several rings of onion on top of the potatoes.
- ☐ Mix together the oregano, parsley, basil, salt and pepper; sprinkle to taste over onion and potato. Top with 1 tablespoon of butter.
- ☐ Create the pouch by take the long sides of the aluminum foil and join at the top and fold down. The ends just get folded over.
- ☐ Place on a cookie sheet and bake for about 30 minutes or cook on a grill over medium-high heat.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.59, Inflammation Score:-7, Nutrition Score:17.323043549838%

Flavonoids

Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg, Apigenin: 11.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg, Isorhamnetin: 2.21mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

Nutrients (% of daily need)

Calories: 371.37kcal (18.57%), Fat: 11.93g (18.35%), Saturated Fat: 7.35g (45.92%), Carbohydrates: 61.59g (20.53%),
Net Carbohydrates: 54.65g (19.87%), Sugar: 5.96g (6.62%), Cholesterol: 30.1mg (10.03%), Sodium: 304.23mg
(13.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.07%), Potassium: 1737.75mg (49.65%),
Vitamin C: 34.08mg (41.31%), Vitamin B6: 0.67mg (33.35%), Manganese: 0.62mg (31.12%), Fiber: 6.94g (27.77%),
Copper: 0.51mg (25.72%), Phosphorus: 238.43mg (23.84%), Magnesium: 87.27mg (21.82%), Vitamin B3: 4.32mg
(21.59%), Vitamin B1: 0.31mg (20.87%), Vitamin K: 19.84µg (18.89%), Folate: 73.37µg (18.34%), Iron: 3.06mg (16.98%),
Vitamin B5: 1.09mg (10.85%), Zinc: 1.31mg (8.74%), Vitamin B2: 0.14mg (7.99%), Vitamin A: 384.06IU (7.68%),
Calcium: 56.08mg (5.61%), Selenium: 2.17µg (3.1%), Vitamin E: 0.42mg (2.81%)