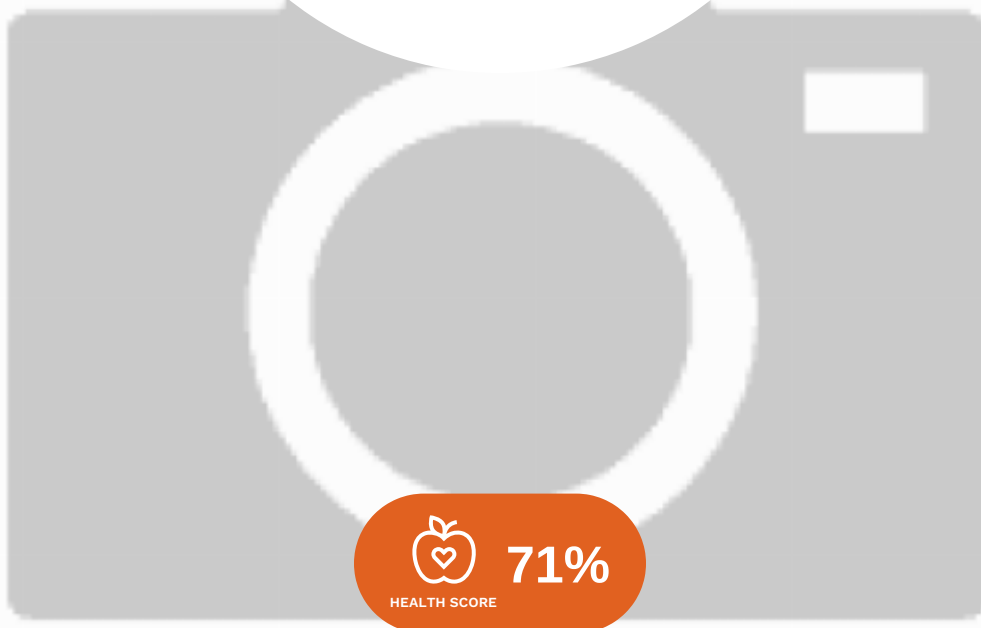




Potatoes and Onions



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



421 kcal

SIDE DISH

Ingredients

- ☐ 2 stalks celery chopped
- ☐ 2 cups mushrooms fresh sliced
- ☐ 1 onion diced finely
- ☐ 3 potatoes cubed
- ☐ 0.3 cup dressing fat free italian-style

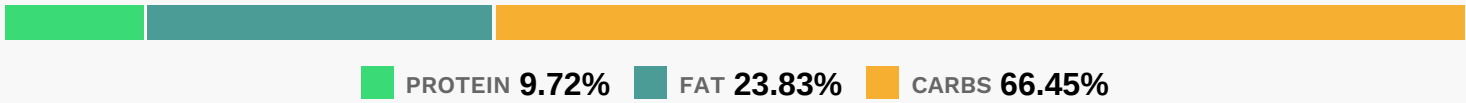
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Place potatoes in a pot of boiling water until tender.
- ☐ Drain well.
- ☐ Spray a frying pan with non-stick cooking spray and pour in dressing. Over a medium heat fry the mushrooms, onions and celery. When cooked to your desired texture pour the mixture over the potatoes.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:87.38, Glycemic Load:42.86, Inflammation Score:-8, Nutrition Score:26.136521779973%

Flavonoids

Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg, Kaempferol: 3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.56mg, Quercetin: 13.56mg, Quercetin: 13.56mg, Quercetin: 13.56mg

Nutrients (% of daily need)

Calories: 420.98kcal (21.05%), Fat: 11.52g (17.72%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 72.27g (24.09%), Net Carbohydrates: 62.71g (22.8%), Sugar: 13.89g (15.43%), Cholesterol: 12.81mg (4.27%), Sodium: 323.8mg (14.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.13%), Vitamin C: 70.46mg (85.4%), Vitamin B6: 1.14mg (57.01%), Potassium: 1845.61mg (52.73%), Fiber: 9.56g (38.26%), Vitamin K: 38.67µg (36.83%), Vitamin B3: 7.04mg (35.22%), Copper: 0.69mg (34.57%), Manganese: 0.68mg (33.99%), Vitamin B2: 0.54mg (31.94%), Phosphorus: 303.35mg (30.33%), Vitamin B5: 2.59mg (25.9%), Vitamin B1: 0.38mg (25.18%), Folate: 93.54µg (23.38%), Magnesium: 92.96mg (23.24%), Iron: 3.27mg (18.17%), Selenium: 11.82µg (16.89%), Zinc: 1.62mg (10.81%), Vitamin E: 1.12mg (7.49%), Calcium: 72.68mg (7.27%), Vitamin A: 206.78IU (4.14%), Vitamin D: 0.19µg (1.28%), Vitamin B12: 0.07µg (1.11%)