






 **74%**  
HEALTH SCORE

# Potatoes and Peppers

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN  
  
**30 min.**

SERVINGS  
  
**4**

CALORIES  
  
**453 kcal**

SIDE DISH

## Ingredients

- 0.3 cup olive oil
- 6 potatoes sliced
- 2 large bell pepper red sliced into rings
- 4 servings salt and pepper to taste
- 1 large onion sweet peeled chopped

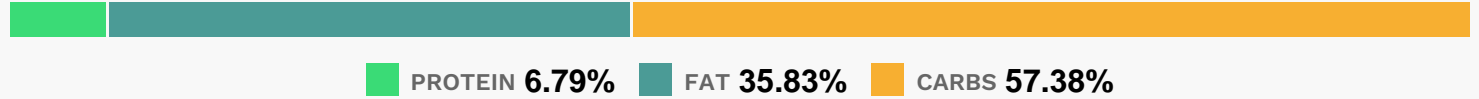
## Equipment

- frying pan

## Directions

- Heat oil in a large frying pan over medium-high heat. Fry the potatoes for 5 minutes, then add the peppers and onions. Season with salt and pepper. Cook for at least 15 minutes, turning potatoes frequently, or until potatoes start to look mushy.

## Nutrition Facts



## Properties

Glycemic Index:28.94, Glycemic Load:41.89, Inflammation Score:-10, Nutrition Score:24.905217502428%

## Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg, Kaempferol: 3.52mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 14.44mg, Quercetin: 14.44mg, Quercetin: 14.44mg, Quercetin: 14.44mg

## Nutrients (% of daily need)

Calories: 452.93kcal (22.65%), Fat: 18.6g (28.62%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 67.01g (22.34%), Net Carbohydrates: 57.51g (20.91%), Sugar: 10.09g (11.21%), Cholesterol: 0mg (0%), Sodium: 223.22mg (9.71%), Alcohol: 0g (100%), Protein: 7.93g (15.86%), Vitamin C: 171.87mg (208.33%), Vitamin B6: 1.29mg (64.44%), Vitamin A: 2574.64IU (51.49%), Potassium: 1616.81mg (46.19%), Fiber: 9.5g (37.98%), Manganese: 0.64mg (32.2%), Folate: 107.87µg (26.97%), Vitamin E: 3.94mg (26.24%), Magnesium: 90.78mg (22.69%), Phosphorus: 225.78mg (22.58%), Vitamin B1: 0.33mg (22.25%), Vitamin B3: 4.28mg (21.4%), Copper: 0.41mg (20.27%), Vitamin K: 21.17µg (20.16%), Iron: 3.16mg (17.57%), Vitamin B5: 1.29mg (12.87%), Vitamin B2: 0.19mg (11.09%), Zinc: 1.24mg (8.26%), Calcium: 60.93mg (6.09%), Selenium: 1.45µg (2.08%)