

Potatoes Lyonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



140 kcal

SIDE DISH

Ingredients

- ☐ 1.8 pounds baking potatoes peeled halved lengthwise cut into 1/4-inch slices (5 cups)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 teaspoons olive oil
- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup water
- ☐ 2 small onions yellow peeled halved lengthwise cut into 1/4-inch slices (5 cups)

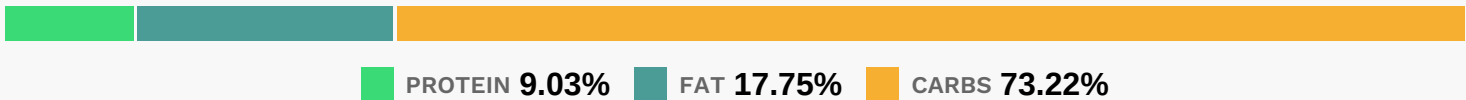
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add onions; saut 5 minutes or until browned, stirring occasionally. Spoon onions into a bowl.
- ☐ Heat oil in pan over medium-high heat.
- ☐ Add potatoes; cook 10 minutes or until browned, stirring occasionally. Reduce heat to low. Stir in onions, broth, and remaining ingredients. Cover and cook 8 minutes or until potatoes are very tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:31.46, Glycemic Load:19.35, Inflammation Score:-8, Nutrition Score:6.8126086359439%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 139.57kcal (6.98%), Fat: 2.85g (4.39%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 26.45g (8.82%), Net Carbohydrates: 24.15g (8.78%), Sugar: 1.84g (2.04%), Cholesterol: 0mg (0%), Sodium: 376.76mg (16.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.53%), Vitamin B6: 0.49mg (24.57%), Potassium: 599.72mg (17.13%), Manganese: 0.27mg (13.57%), Vitamin C: 11.14mg (13.5%), Fiber: 2.3g (9.2%), Magnesium: 35.16mg (8.79%), Phosphorus: 82.98mg (8.3%), Vitamin B1: 0.12mg (8.08%), Iron: 1.44mg (8.01%), Copper: 0.16mg (8%), Vitamin B3: 1.52mg (7.62%), Folate: 23.68µg (5.92%), Vitamin B5: 0.46mg (4.56%), Vitamin K: 4.22µg (4.02%), Vitamin B2: 0.06mg (3.5%), Zinc: 0.45mg (3.01%), Calcium: 29.21mg (2.92%), Vitamin E: 0.4mg (2.69%), Selenium: 1.07µg (1.52%), Vitamin A: 57.67IU (1.15%)