



Rösti Potatoes with Peppers and Onions

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



121 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 0.5 cup onion finely chopped
- 0.3 cup bell pepper green finely chopped
- 1 lb hash browns shredded refrigerated
- 0.5 teaspoon lawry's seasoned salt
- 0.1 teaspoon pepper
- 0.5 cup swiss cheese shredded

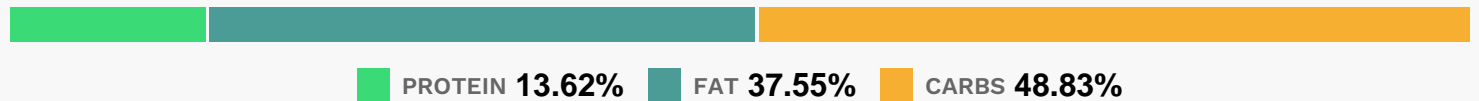
Equipment

frying pan

Directions

- Melt margarine in 12-inch nonstick skillet over medium heat.
- Add onion and bell pepper; cook and stir 2 minutes.
- Add potatoes.
- Sprinkle with seasoned salt and pepper; mix well.
- Spread mixture evenly and firmly in skillet. Cover; cook over medium heat for 6 to 8 minutes or until golden brown on bottom.
- Stir potatoes; press evenly and firmly in skillet. Cover; cook an additional 4 to 6 minutes or until golden brown on bottom. Stir again if necessary. Cook until potatoes are cooked and mostly golden brown.
- Sprinkle with cheese. Cover; let stand 1 to 2 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:4.16, Inflammation Score:-3, Nutrition Score:4.7086956475092%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 120.82kcal (6.04%), Fat: 5.16g (7.94%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 13.71g (4.98%), Sugar: 0.71g (0.79%), Cholesterol: 8.37mg (2.79%), Sodium: 249.8mg (10.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.43%), Vitamin C: 12.18mg (14.77%), Phosphorus: 92.9mg (9.29%), Calcium: 92.35mg (9.24%), Potassium: 253.75mg (7.25%), Manganese: 0.14mg (7.07%), Vitamin B3: 1.31mg (6.55%), Vitamin B1: 0.08mg (5.62%), Fiber: 1.4g (5.6%), Vitamin B6: 0.1mg (5.12%), Vitamin B12: 0.27µg (4.57%), Iron: 0.81mg (4.49%), Copper: 0.09mg (4.45%), Selenium: 3.01µg (4.29%), Zinc: 0.58mg (3.89%), Vitamin A: 181.63IU (3.63%), Magnesium: 13.39mg (3.35%), Vitamin B5: 0.31mg (3.08%), Vitamin B2: 0.04mg (2.6%), Folate: 7.02µg (1.75%), Vitamin E: 0.15mg (1.02%)