

s from Tomorrow's Show!

READY IN



60 min.

SERVINGS



12

CALORIES



771 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 servings double-acting baking powder
- 12 servings biscuits
- 12 servings pepper black to taste
- 12 servings diestel breakfast sausage hot
- 0.8 cup butter cold cut into pieces
- 12 servings ground pepper
- 12 servings flour all-purpose
- 12 servings garlic minced
- 12 servings bell pepper green seeded roughly chopped

- 12 servings pepper black freshly ground
- 12 servings olive oil
- 12 servings onion peeled roughly chopped
- 12 servings bell pepper red seeded roughly chopped
- 5 Pounds potatoes – remove skin red cut into chunks
- 12 servings salt
- 12 servings lawry's seasoned salt
- 12 servings milk whole

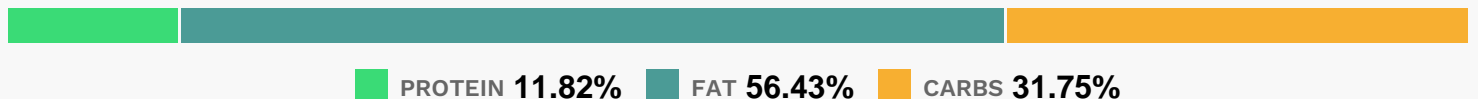
Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat the oven to 425 degrees F. In a large bowl, toss together the potatoes, garlic, onion, green bell pepper, red bell pepper, olive oil, butter, seasoned salt, cayenne pepper and some kosher salt and pepper.
- Pour potatoes onto two rimmed baking sheets.
- Bake for 20 to 25 minutes, shaking the pan twice. Raise the heat to 500 degrees and bake until crisp and brown, 10 to 15 minutes.
- Sprinkle with a little more salt and pepper before serving

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:11.77, Inflammation Score:-10, Nutrition Score:35.738695434902%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 3.28mg, Luteolin: 3.28mg, Luteolin: 3.28mg, Luteolin: 3.28mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 13.93mg, Quercetin: 13.93mg, Quercetin: 13.93mg

Nutrients (% of daily need)

Calories: 770.5kcal (38.53%), Fat: 49.42g (76.03%), Saturated Fat: 18.96g (118.52%), Carbohydrates: 62.58g (20.86%), Net Carbohydrates: 54.98g (19.99%), Sugar: 21.37g (23.74%), Cholesterol: 100.11mg (33.37%), Sodium: 1085.67mg (47.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.29g (46.58%), Vitamin C: 166.38mg (201.67%), Vitamin A: 4192.48IU (83.85%), Vitamin B6: 1.15mg (57.43%), Phosphorus: 533.03mg (53.3%), Potassium: 1775.49mg (50.73%), Calcium: 421.31mg (42.13%), Vitamin B1: 0.62mg (41.32%), Vitamin B2: 0.63mg (36.78%), Vitamin B3: 6.82mg (34.1%), Manganese: 0.68mg (33.89%), Vitamin E: 4.62mg (30.8%), Fiber: 7.6g (30.4%), Vitamin B12: 1.82µg (30.32%), Magnesium: 105.61mg (26.4%), Folate: 102.34µg (25.59%), Vitamin K: 26.18µg (24.93%), Vitamin D: 3.41µg (22.75%), Vitamin B5: 2.25mg (22.48%), Zinc: 3.35mg (22.36%), Copper: 0.4mg (19.86%), Iron: 3.44mg (19.12%), Selenium: 9.42µg (13.45%)