



Schmaltz Potatoes Lyonnaise



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tbsp olive oil extra virgin
- ☐ 1.5 tbsp optional: dill fresh chopped
- ☐ 1 tsp garlic fresh minced
- ☐ 2 onion peeled sliced thin
- ☐ 1 medium schmaltz with lid (nonstick is important—a regular skillet will require far more oil and schmaltz to prevent sticking)
- ☐ 1.8 lbs potatoes peeled sliced idaho®
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tbsp schmaltz

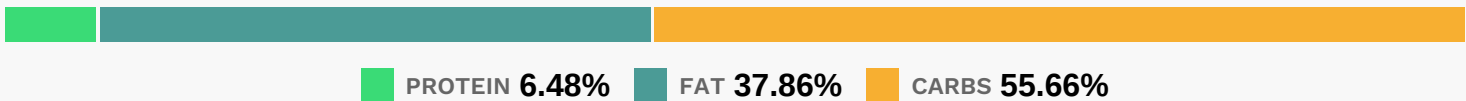
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ pot

Directions

- ☐ Save Recipe
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- ☐ Schmaltz Potatoes Lyonnaise
- ☐ Ingredients1 3/4 lbs. Idaho® potatoes, peeled and sliced 1/2 inch thick2 onions, peeled and sliced thin1 1/2 tbsp extra virgin olive oil1 tsp minced fresh garlic2 tbsp schmaltz1 1/2 tbsp fresh chopped dill
- ☐ Salt and freshly ground black pepper
- ☐ You will also needmedium pot, paper towels, large nonstick skillet with lid (nonstick is important—a regular skillet will require far more oil and schmaltz to prevent sticking)
- ☐ Total Time: 45 Minutes
- ☐ Servings: 4
- ☐ Kosher Key: Meat, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:46.94, Glycemic Load:26.59, Inflammation Score:-6, Nutrition Score:11.725652123275%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg, Isorhamnetin: 2.82mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.65mg, Quercetin: 12.65mg, Quercetin: 12.65mg, Quercetin: 12.65mg

Nutrients (% of daily need)

Calories: 282.42kcal (14.12%), Fat: 12.13g (18.66%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 40.11g (13.37%),
Net Carbohydrates: 34.77g (12.64%), Sugar: 3.89g (4.32%), Cholesterol: 6.65mg (2.22%), Sodium: 14.44mg (0.63%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.35%), Vitamin C: 43.51mg (52.74%), Vitamin B6:
0.66mg (33.03%), Potassium: 921.06mg (26.32%), Fiber: 5.34g (21.38%), Manganese: 0.4mg (20.05%), Phosphorus:
130.39mg (13.04%), Magnesium: 51.57mg (12.89%), Vitamin B1: 0.19mg (12.38%), Copper: 0.24mg (11.97%), Vitamin
B3: 2.16mg (10.82%), Folate: 42.46µg (10.62%), Iron: 1.72mg (9.58%), Vitamin K: 7.33µg (6.98%), Vitamin B5: 0.66mg
(6.61%), Vitamin E: 0.97mg (6.45%), Vitamin B2: 0.08mg (4.69%), Zinc: 0.68mg (4.53%), Calcium: 38.54mg (3.85%),
Selenium: 0.99µg (1.41%)