



Simple Pouch Potatoes

 Vegetarian  Gluten Free

READY IN

ready

65 min.

SERVINGS

servings

4

CALORIES

calories

507 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup spread light butter-flavored not butter[®] such as I Can't Believe It's
- ☐ 1 pinch garlic powder to taste
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 pinch oregano dried to taste
- ☐ 12 small potatoes red quartered

Equipment

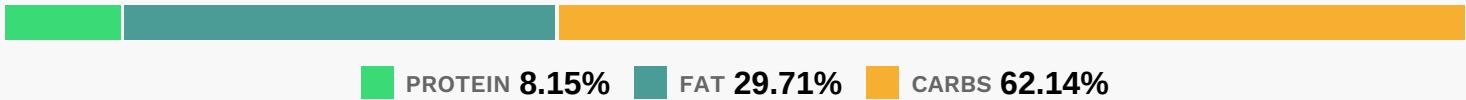
- ☐ baking sheet
- ☐ oven

☐ aluminum foil

Directions

- ☐ Preheat an oven to 400 degrees F (200 degrees C). Spray four sheets of aluminum foil with cooking spray.
- ☐ Divide potatoes evenly among the sheets of aluminum foil; season with salt, pepper, garlic powder, and oregano.
- ☐ Place 2 tablespoons of the butter flavored spread over each mound of potatoes. Create packets by folding and sealing the aluminum foil.
- ☐ Place the foil packets on a baking sheet.
- ☐ Bake in the preheated oven until potatoes are tender and easily pierced with a fork, 55 minutes to 1 hour.
- ☐ Drain melted butter-flavored spread before serving.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:22.303913007612%

Flavonoids

Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 507.1kcal (25.35%), Fat: 17.25g (26.54%), Saturated Fat: 10.48g (65.48%), Carbohydrates: 81.19g (27.06%), Net Carbohydrates: 72.48g (26.36%), Sugar: 6.58g (7.31%), Cholesterol: 31.8mg (10.6%), Sodium: 102.64mg (4.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.65g (21.29%), Potassium: 2343.74mg (66.96%), Vitamin C: 43.86mg (53.16%), Vitamin B6: 0.87mg (43.55%), Manganese: 0.73mg (36.67%), Fiber: 8.71g (34.83%), Copper: 0.69mg (34.25%), Phosphorus: 321.6mg (32.16%), Vitamin B3: 5.87mg (29.34%), Magnesium: 113.96mg (28.49%), Vitamin B1: 0.42mg (27.76%), Folate: 92.19µg (23.05%), Iron: 4.07mg (22.61%), Vitamin K: 16.55µg (15.76%), Vitamin B5: 1.42mg (14.25%), Zinc: 1.76mg (11.76%), Vitamin A: 546.07IU (10.92%), Vitamin B2: 0.18mg (10.56%), Calcium: 66.26mg (6.63%), Selenium: 2.86µg (4.09%), Vitamin E: 0.53mg (3.54%), Vitamin D: 0.3µg (2%)