



Skillet-Browned Potatoes with Fresh Dill



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



182 kcal

SIDE DISH

Ingredients



5 tablespoons butter



2 tablespoons optional: dill fresh chopped



3 pounds baby red-skinned potatoes scrubbed

Equipment



bowl



frying pan

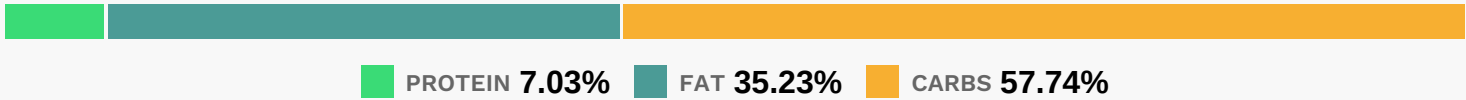


pot

Directions

- ☐ Place potatoes in large pot.
- ☐ Add enough cold water to cover. Bring to boil. Cover partially and cook until potatoes are just tender but still hold their shape, about 15 minutes.
- ☐ Drain and cool. Cover and refrigerate at least 4 hours or overnight.
- ☐ Cut potatoes in half. Melt butter in very large skillet over medium-high heat.
- ☐ Add potatoes; cover skillet and cook until potatoes brown, stirring occasionally, about 10 minutes. Season generously with salt and pepper.
- ☐ Add dill; toss to coat.
- ☐ Transfer to bowl and serve.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:7.4017391619475%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 181.85kcal (9.09%), Fat: 7.34g (11.29%), Saturated Fat: 4.56g (28.48%), Carbohydrates: 27.06g (9.02%), Net Carbohydrates: 24.16g (8.79%), Sugar: 2.2g (2.44%), Cholesterol: 18.81mg (6.27%), Sodium: 86.94mg (3.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.59%), Potassium: 776.78mg (22.19%), Vitamin C: 14.71mg (17.83%), Vitamin B6: 0.29mg (14.48%), Manganese: 0.24mg (12.06%), Fiber: 2.89g (11.58%), Copper: 0.23mg (11.4%), Phosphorus: 105.93mg (10.59%), Vitamin B3: 1.96mg (9.8%), Magnesium: 37.65mg (9.41%), Vitamin B1: 0.14mg (9.22%), Folate: 31.03µg (7.76%), Iron: 1.25mg (6.94%), Vitamin K: 5.55µg (5.28%), Vitamin B5: 0.48mg (4.85%), Vitamin A: 238.29IU (4.77%), Zinc: 0.57mg (3.8%), Vitamin B2: 0.06mg (3.29%), Calcium: 19.32mg (1.93%), Vitamin E: 0.22mg (1.47%), Selenium: 0.94µg (1.34%)