



## Skillet-Roasted Potatoes with Lemon and Mint

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



2

CALORIES



155 kcal

SIDE DISH

### Ingredients

- 2 cups baking potato diced ()
- 2 teaspoons mint leaves fresh chopped
- 1 teaspoon lemon rind grated
- 1 teaspoon olive oil
- 1 Dash pepper black
- 0.1 teaspoon salt
- 1 teaspoon stick margarine

### Equipment

frying pan

sauce pan

## Directions

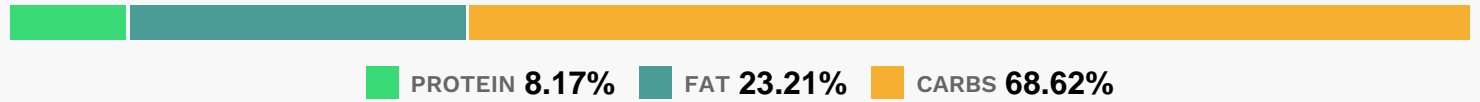
Place the diced potato in a medium saucepan, and cover with water; bring to a boil. Reduce heat, and simmer for 5 minutes; drain and cool.

Heat the butter and olive oil in a large nonstick skillet over medium-high heat.

Add the potatoes, and cook for 10 minutes or until potatoes are golden brown.

Add the chopped mint and remaining ingredients, and toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:58.38, Glycemic Load:21.33, Inflammation Score:-3, Nutrition Score:6.6060870020934%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 154.57kcal (7.73%), Fat: 4.11g (6.32%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 27.33g (9.11%), Net Carbohydrates: 25.26g (9.18%), Sugar: 0.97g (1.08%), Cholesterol: 0mg (0%), Sodium: 176.22mg (7.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.51%), Vitamin B6: 0.52mg (25.99%), Potassium: 629.42mg (17.98%), Manganese: 0.24mg (12.17%), Vitamin C: 9.88mg (11.97%), Magnesium: 34.89mg (8.72%), Phosphorus: 83.34mg (8.33%), Fiber: 2.08g (8.31%), Vitamin B1: 0.12mg (8.27%), Copper: 0.16mg (7.83%), Vitamin B3: 1.56mg (7.8%), Iron: 1.32mg (7.34%), Folate: 21.28µg (5.32%), Vitamin B5: 0.46mg (4.58%), Vitamin K: 3.99µg (3.8%), Vitamin B2: 0.05mg (3.03%), Zinc: 0.44mg (2.93%), Vitamin E: 0.38mg (2.55%), Calcium: 22.15mg (2.22%), Vitamin A: 94.68IU (1.89%)