



Smoky Paprika Home Fries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 4 servings cilantro sprigs fresh for garnish, optional
- ☐ 4 cloves garlic mashed
- ☐ 2 idaho potatoes diced
- ☐ 1 onion diced finely
- ☐ 1 tablespoon smoky paprika
- ☐ 0.3 cup freshly parsley leaves chopped

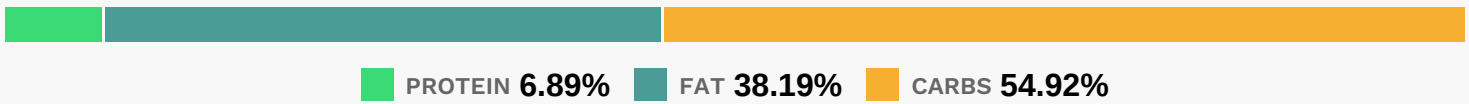
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ stove

Directions

- ☐ Heat the oil in a cast iron pan, on the grill or stove, over medium heat.
- ☐ Add the onion and cook until caramelized.
- ☐ Add the potatoes, and garlic and cook until warmed through. Stir in the paprika and parsley and transfer to a serving bowl.
- ☐ Garnish with cilantro sprigs, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:59.44, Glycemic Load:16.05, Inflammation Score:-6, Nutrition Score:9.7947825297065%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 163.46kcal (8.17%), Fat: 7.16g (11.02%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 21.1g (7.67%), Sugar: 1.99g (2.21%), Cholesterol: 0mg (0%), Sodium: 9.17mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Vitamin K: 68.99µg (65.71%), Vitamin B6: 0.45mg (22.4%), Vitamin C: 17.03mg (20.64%), Potassium: 522.49mg (14.93%), Manganese: 0.26mg (13.09%), Vitamin E: 1.31mg (8.74%), Fiber: 2.09g (8.36%), Vitamin A: 397.33IU (7.95%), Magnesium: 30.17mg (7.54%), Phosphorus: 73.97mg (7.4%), Vitamin B1: 0.11mg (7.37%), Iron: 1.27mg (7.05%), Copper: 0.14mg (6.78%), Folate: 27.06µg (6.76%), Vitamin B3: 1.23mg (6.14%), Vitamin B5: 0.4mg (3.95%), Calcium: 31mg (3.1%), Vitamin B2: 0.05mg (3.04%), Zinc: 0.44mg (2.91%), Selenium: 1µg (1.42%)