



Stoved potatoes



Gluten Free



Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 50 g butter unsalted
- ☐ 6 servings butter
- ☐ 6 servings pork butt
- ☐ 6 servings butter

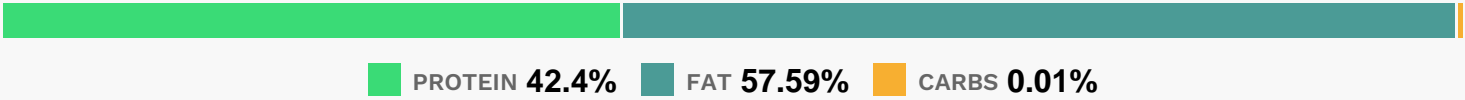
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large frying pan with a lid. When it is foaming, add potatoes. Shake well so they are covered in butter and in a single layer.
- ☐ Sprinkle over a little salt.
- ☐ Cover and cook gently for about 30 mins, tossing the pan frequently, until the potatoes are tender. Leave them in the hot butter until ready to serve and sprinkle with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:29.846521870598%

Nutrients (% of daily need)

Calories: 479.93kcal (24%), Fat: 29.94g (46.07%), Saturated Fat: 14.7g (91.85%), Carbohydrates: 0.01g (0%), Net Carbohydrates: 0.01g (0%), Sugar: 0.01g (0.01%), Cholesterol: 197.82mg (65.94%), Sodium: 236.82mg (10.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.6g (99.21%), Selenium: 74.63µg (106.62%), Vitamin B1: 1.47mg (98.27%), Vitamin B6: 1.38mg (68.8%), Vitamin B2: 1.02mg (60%), Zinc: 8.89mg (59.25%), Vitamin B3: 11.59mg (57.95%), Phosphorus: 537.68mg (53.77%), Vitamin B5: 4.16mg (41.57%), Vitamin B12: 2.43µg (40.56%), Potassium: 899.36mg (25.7%), Iron: 3.17mg (17.62%), Magnesium: 58.45mg (14.61%), Copper: 0.27mg (13.53%), Vitamin D: 1.71µg (11.39%), Vitamin A: 458.15IU (9.16%), Vitamin E: 1.06mg (7.06%), Calcium: 41.36mg (4.14%), Manganese: 0.03mg (1.73%), Vitamin K: 1.28µg (1.22%)