



Sweet Potato Home Fries

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



140 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 0.5 cup onion sliced
- 0.1 teaspoon pepper
- 0.5 teaspoon salt
- 1.5 lb sweet potatoes and into peeled cut into 2x1/2-inch slices (3)
- 1 tablespoon vegetable oil

Equipment

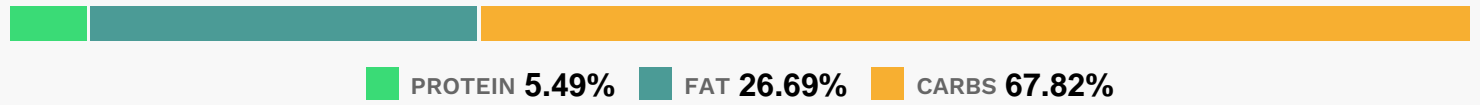
- frying pan

spatula

Directions

- In 12-inch nonstick skillet, heat oil and butter over medium-low heat until butter is melted.
- Toss remaining ingredients with butter mixture in skillet, then spread evenly in skillet. Cook about 10 to 12 minutes, stirring occasionally, until potatoes are just barely tender.
- Increase heat to medium. Cook about 10 minutes longer, turning potatoes occasionally with pancake turner, until potatoes are browned and tender.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:11.54, Inflammation Score:-10, Nutrition Score:9.9634783336002%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 139.77kcal (6.99%), Fat: 4.22g (6.49%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 24.11g (8.04%), Net Carbohydrates: 20.47g (7.44%), Sugar: 5.31g (5.9%), Cholesterol: 0mg (0%), Sodium: 278.7mg (12.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Vitamin A: 16171.75IU (323.43%), Manganese: 0.32mg (15.78%), Fiber: 3.64g (14.56%), Vitamin B6: 0.25mg (12.67%), Potassium: 403.19mg (11.52%), Vitamin B5: 0.93mg (9.26%), Copper: 0.18mg (8.86%), Magnesium: 29.83mg (7.46%), Vitamin B1: 0.09mg (6.32%), Vitamin K: 6.33µg (6.03%), Phosphorus: 57.77mg (5.78%), Vitamin C: 3.71mg (4.5%), Vitamin B2: 0.07mg (4.34%), Iron: 0.73mg (4.03%), Calcium: 38.09mg (3.81%), Folate: 15.04µg (3.76%), Vitamin E: 0.56mg (3.7%), Vitamin B3: 0.65mg (3.24%), Zinc: 0.36mg (2.43%), Selenium: 0.75µg (1.07%)