

**2%**
HEALTH SCORE

Zesty Red Potatoes

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



217 kcal

SIDE DISH

Ingredients

- 0.5 cup butter melted
- 1 small onion halved thinly sliced
- 0.5 teaspoon pepper red crushed
- 6 medium potatoes – remove skin red halved thinly sliced
- 8 servings salt to taste

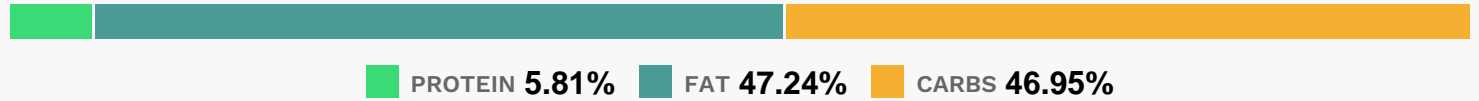
Equipment

- oven
- baking pan

Directions

- Arrange potatoes and onion in an ungreased 9-in. square baking dish.
- Combine butter, pepper flakes and salt; drizzle over potatoes and onion. Cover and bake at 400° for 25 minutes. Uncover; bake 15–20 minutes longer or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:7.4730434897153%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 217.4kcal (10.87%), Fat: 11.76g (18.09%), Saturated Fat: 7.36g (45.97%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 23.38g (8.5%), Sugar: 2.45g (2.72%), Cholesterol: 30.5mg (10.17%), Sodium: 316.17mg (13.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.51%), Potassium: 745.52mg (21.3%), Vitamin C: 14.39mg (17.44%), Vitamin B6: 0.29mg (14.26%), Manganese: 0.24mg (11.96%), Fiber: 2.91g (11.63%), Copper: 0.22mg (10.94%), Phosphorus: 103.76mg (10.38%), Vitamin B3: 1.87mg (9.33%), Magnesium: 36.49mg (9.12%), Vitamin B1: 0.13mg (8.96%), Vitamin A: 402.97IU (8.06%), Folate: 30.88µg (7.72%), Iron: 1.21mg (6.73%), Vitamin K: 5.79µg (5.52%), Vitamin B5: 0.47mg (4.73%), Zinc: 0.56mg (3.74%), Vitamin B2: 0.06mg (3.4%), Vitamin E: 0.39mg (2.63%), Calcium: 21.92mg (2.19%), Selenium: 1.01µg (1.44%)