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## Potatoes and Peppers ♦♦

A delicious recipe combining potatoes and peppers. This dish is perfect for any occasion and can be enjoyed by everyone.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	potatoes
<b>250 g</b>	Peppers
<b>1 tsp</b>	salt
<b>1 tsp</b>	pepper
<b>2 tbsp</b>	olive oil

# Directions

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## Step 1

Cutting

Wash and peel the potatoes. Cut them into small cubes.

**Prep Time:** 10 mins

**Cook Time:** 20 mins

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## Step 2

Cutting

Wash and dice the peppers.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 3

Frying

Heat the olive oil in a pan. Add the potatoes and peppers. Season with salt and pepper.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 4

## Frying

Cook until the potatoes are golden brown and crispy.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 8 g

**Protein:** 2 g

**Carbohydrates:** 18 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	18 g	32.73%	36%
Fibers	3 g	7.89%	12%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	8 mg	53.33%	53.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	400 mg	11.76%	15.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

American

## Diet

Anti-Inflammatory Diet

## Meal Type

Breakfast

Lunch

Snack

Brunch

Supper

Dinner

## Events

Picnic

## Course

Appetizers

Side Dishes

Salads

Snacks

Sauces & Dressings

## Cooking Method

Steaming

Microwaving

Simmering

## Difficulty Level

Medium

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