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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**

500 g	potatoes
250 g	Peppers
1 tsp	salt
1 tsp	pepper
2 tbsp	olive oil

### **Directions**

### Step 1

### Cutting

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

Prep Time: 10 mins

Cook Time: 20 mins

### Step 2

### Cutting

Wash and dice the peppers.

Prep Time: 5 mins

Cook Time: 10 mins

### 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

### Step 4

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: 2g

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

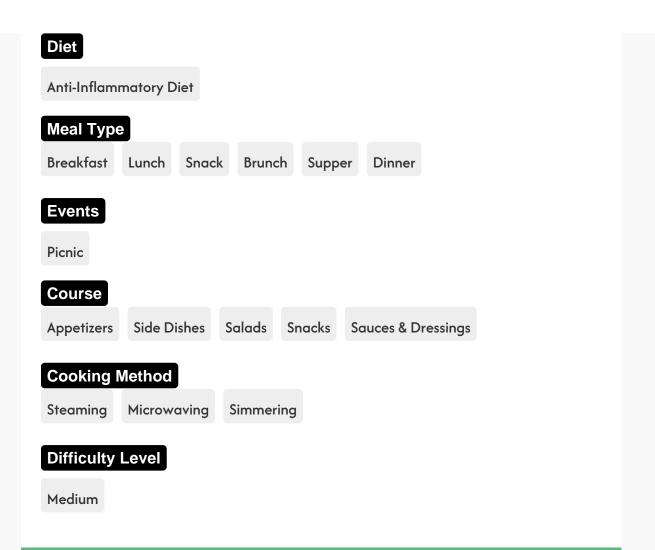
**Nutritional Content** 

Low Calorie

Cuisines

Italian

American



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