



Watch our video about the pen with double the mealtime insulin.*



CLICK HERE

*As compared with U-100 mealtime insulin pens.

Who should use Humalog U-200?

Humalog U-200 (insulin lispro injection [rDNA origin]) is used to treat people with diabetes for the control of high

Prescribing Information
Patient Prescription Information

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Lyonnaise Potatoes Recipe

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Looking for an easy Lyonnaise Potatoes recipe? Learn how to make Lyonnaise Potatoes using healthy ingredients.

Submitted by [lainerlou](#)

Makes 2 servings

A classic French dish, similar to Scalloped Potatoes but without the cheese!

Recipe Ingredients for Lyonnaise Potatoes

- 1 pound [russet potatoes, sliced](#)
- 1 large [yellow onion, finely sliced](#)
- 2 tbs [olive oil](#)
- 1 clove [garlic, minced](#)
- 1 tbs [butter](#)
- 1/2 tsp [salt](#)
- 1/2 tsp [pepper](#)

Recipe Directions for Lyonnaise Potatoes

1. Cut potatoes into 1/4" slices. Add to pot, cover with water, bring to a boil, and boil for 4 minutes.
2. Sautee onion in olive oil until caramelized, about 8 to 10 minutes. Add garlic and sautee for another minute until brown. Mix with salt, pepper and butter.
3. Layer potatoes and onions in a casserole dish and bake at 400 degrees for 12 to 15 minutes until lightly browned on top.

Categories

[Potatoes](#), [Side Dish](#), [FrenchGerman](#), [Vegetarian](#)

Nutrition Facts	
Serving Size 325.9g	
Amount Per Serving	
Calories 364	Calories from Fat 175
% Daily Value*	
Total Fat 19.5g	30%
Saturated Fat 4.7g	23%
Trans Fat 0.0g	
Cholesterol 15mg	5%
Sodium 639mg	27%
Potassium 1046mg	30%
Total Carbohydrates 44.0g	15%
Dietary Fiber 6.6g	26%
Sugars 5.8g	
Protein 4.7g	
Vitamin A 4%	Vitamin C 83%
Calcium 4%	Iron 8%
* Based on a 2000 calorie diet	
Nutritional details are an estimate and should only be used as a guide for approximation.	

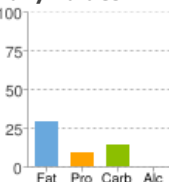
Legend

- Fat
- Protein
- Carbs
- Alcohol
- Other

Calorie Breakdown



Daily Values



Health Information

Nutrition Grade
96% confidence

Good points



- Low in [cholesterol](#)
- Very high in [vitamin C](#)

1 Rule of a flat stomach:
~~~~~  
Cut down a bit of stomach fat every day by using this 1 weird old tip.

Tip

