



Almond Potato Puff

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



366 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 2 eggs
- 0.5 cup almond flour
- 1 Dash nutmeg
- 0.8 cup cup heavy whipping cream warmed
- 1 small onion chopped
- 1.5 pounds potatoes peeled quartered
- 0.5 teaspoon salt

- 0.5 cup cheddar cheese shredded
- 0.3 cup slivered almonds

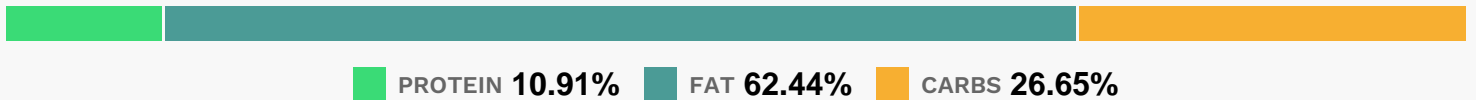
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Cook potatoes in boiling water until tender, about 15 minutes; drain and place in a bowl.
- In a skillet, saute onion in butter until tender; add to potatoes. On low speed, beat in eggs, one at a time, until smooth. Beat in cream (the mixture will be thin).
- Add the ground almonds, salt and nutmeg.
- Spoon into a greased 1-1/2-qt. baking dish.
- Sprinkle with cheese and almonds.
- Bake, uncovered, at 400° for 20 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index:44.63, Glycemic Load:14.88, Inflammation Score:-6, Nutrition Score:11.563913044722%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 365.65kcal (18.28%), Fat: 26.16g (40.25%), Saturated Fat: 12.08g (75.52%), Carbohydrates: 25.12g (8.37%), Net Carbohydrates: 20.84g (7.58%), Sugar: 2.91g (3.23%), Cholesterol: 107.63mg (35.88%), Sodium: 321.58mg (13.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.29g (20.58%), Vitamin C: 23.39mg (28.35%), Vitamin B6: 0.4mg (19.85%), Phosphorus: 180.56mg (18.06%), Fiber: 4.28g (17.12%), Potassium: 584.92mg (16.71%), Vitamin B2: 0.26mg (15.11%), Manganese: 0.3mg (15.1%), Vitamin A: 730.22IU (14.6%), Calcium: 143.97mg (14.4%), Selenium: 8.69µg (12.42%), Vitamin E: 1.77mg (11.82%), Magnesium: 46.19mg (11.55%), Iron: 1.74mg (9.65%), Copper: 0.19mg (9.61%), Folate: 32.67µg (8.17%), Vitamin B1: 0.12mg (8.04%), Zinc: 1.1mg (7.36%), Vitamin B5: 0.72mg (7.16%), Vitamin B3: 1.41mg (7.05%), Vitamin D: 0.83µg (5.51%), Vitamin B12: 0.29µg (4.76%), Vitamin K: 3.75µg (3.57%)