

Amanda's Potatoes

 Vegetarian  Gluten Free

READY IN



125 min.

SERVINGS



6

CALORIES



457 kcal

SIDE DISH

Ingredients

- 0.5 cup butter
- 2 sprigs rosemary leaves fresh chopped
- 1 cup cup heavy whipping cream
- 2 tablespoons brown sugar light
- 4 large onion thinly sliced
- 6 large yukon gold potatoes with peel scrubbed sliced

Equipment

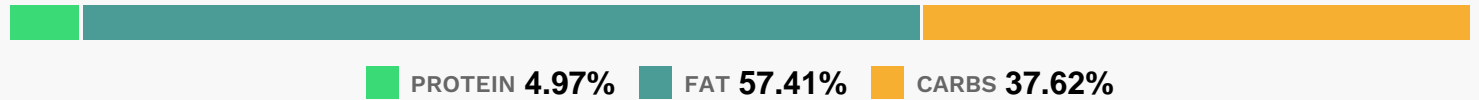
- frying pan

- oven
- baking pan

Directions

- Place onion, butter and brown sugar into a large skillet over low heat. Cook, stirring occasionally, until the onions have caramelized, about 45 minutes.
- Preheat the oven to 350 degrees F (175 degrees C). Coat a 9x13 inch baking dish with cooking spray.
- Place a single layer of potato slices in the bottom of the prepared baking dish. Cover with a thin layer of onions.
- Drizzle some of the cream, and sprinkle some of the rosemary over the layer. Repeat layers four times ending with onions, cream and rosemary.
- Bake for 1 hour in the preheated oven, or until top potatoes are golden brown and sauce is bubbling.

Nutrition Facts



Properties

Glycemic Index:26.79, Glycemic Load:23.81, Inflammation Score:-8, Nutrition Score:13.248695596405%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg, Kaempferol: 2.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 21.49mg, Quercetin: 21.49mg, Quercetin: 21.49mg, Quercetin: 21.49mg

Nutrients (% of daily need)

Calories: 456.64kcal (22.83%), Fat: 29.92g (46.02%), Saturated Fat: 18.93g (118.34%), Carbohydrates: 44.11g (14.7%), Net Carbohydrates: 38.66g (14.06%), Sugar: 10.62g (11.8%), Cholesterol: 85.49mg (28.5%), Sodium: 147.67mg (6.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.65%), Vitamin C: 41.14mg (49.86%), Vitamin B6: 0.64mg (31.89%), Potassium: 909.47mg (25.98%), Fiber: 5.44g (21.78%), Vitamin A: 1062.2IU (21.24%), Manganese: 0.39mg (19.62%), Phosphorus: 153.63mg (15.36%), Magnesium: 52.65mg (13.16%), Vitamin B1: 0.19mg

(12.73%), Folate: 48.43µg (12.11%), Copper: 0.23mg (11.45%), Vitamin B3: 1.95mg (9.73%), Vitamin B2: 0.16mg (9.56%), Iron: 1.61mg (8.94%), Calcium: 77.55mg (7.75%), Vitamin B5: 0.75mg (7.54%), Vitamin K: 6.22µg (5.93%), Vitamin E: 0.84mg (5.61%), Zinc: 0.78mg (5.18%), Vitamin D: 0.63µg (4.23%), Selenium: 2.44µg (3.48%), Vitamin B12: 0.1µg (1.59%)