



Baked RÅŕsti Potatoes

READY IN



80 min.

SERVINGS



8

CALORIES



281 kcal

SIDE DISH

Ingredients

- 0.5 tsp pepper black
- 2 Tbsp butter
- 1 eggs beaten
- 0.5 cup flour
- 40 oz hash browns shredded refrigerated
- 1 small onion finely chopped
- 0.3 cup parmesan cheese grated kraft
- 1.5 cups sharp cheddar cheese shredded kraft

Equipment

- oven
- baking pan

Directions

- Heat oven to 400F.
- Spray bottom and sides of 13x9-inch baking dish with cooking spray.
- Combine all remaining ingredients except egg.
- Add egg; mix lightly. Press onto bottom of baking dish.
- Bake 45 to 50 min. or until golden brown.
- Let stand 10 min. before cutting to serve.

Nutrition Facts

PROTEIN 14.6% **FAT 39.26%** **CARBS 46.14%**

Properties

Glycemic Index:30.25, Glycemic Load:11.82, Inflammation Score:-4, Nutrition Score:9.7330433855886%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 281.4kcal (14.07%), Fat: 12.45g (19.15%), Saturated Fat: 6.8g (42.49%), Carbohydrates: 32.92g (10.97%), Net Carbohydrates: 30.55g (11.11%), Sugar: 0.49g (0.54%), Cholesterol: 52mg (17.33%), Sodium: 255.61mg (11.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.42g (20.84%), Phosphorus: 206.39mg (20.64%), Calcium: 199.27mg (19.93%), Selenium: 11.94µg (17.05%), Vitamin C: 12.27mg (14.87%), Manganese: 0.29mg (14.69%), Vitamin B3: 2.85mg (14.25%), Vitamin B1: 0.21mg (14.16%), Potassium: 457.28mg (13.07%), Vitamin B2: 0.19mg (11.27%), Iron: 1.93mg (10.71%), Fiber: 2.38g (9.5%), Zinc: 1.36mg (9.04%), Copper: 0.17mg (8.44%), Vitamin B6: 0.16mg (8.21%), Folate: 28.98µg (7.24%), Vitamin A: 358.6IU (7.17%), Vitamin B5: 0.69mg (6.9%), Magnesium: 25.95mg (6.49%), Vitamin B12: 0.32µg (5.36%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.25µg (1.68%), Vitamin K: 1.09µg (1.04%)